



Evening/
Weekend
Classes
Pg 17



NATICK COMMON GUIDE

SPRING 2018

*Community Education
and Resources*



Town of Natick
Community Services
Department

Natick Human Services pg 3
Volunteering pg 21
Citizens Leadership Academy pg 25

COMMUNITY CALENDAR



ONGOING

Book Discussion Series

Come and discuss titles related to sustainable living in a mutually supportive and encouraging atmosphere. Join us for all five thought-provoking sessions, or select one or two of particular interest. To pre-register, call, text or email Melissa Kenny Probst at 508-904-9246; sweetsuds@zoho.com

Christ Lutheran Church, 13 Union St., 7:30-9:00 pm.

Mar 7 *Draw Down: Comprehensive Plan Ever Proposed to Reverse Global Warming*, Paul Hawken

Apr 4 *The Water Will Come: Rising Seas, Sinking Cities* Jeff Goodell

May 2 *How Symbiotic Fungi Support Plant Health and Build Soil Fertility*, Michael Phillips

June 6 *Land on Fire: The New Reality of Wildfire in the West*, Gary Ferguson

50+ Job Seekers Regional Networking Groups

Location: Community Center

This program is designed to address the needs of the "Mature Worker," which will be defined as anyone over 50. For the job seeker who is unemployed, underemployed, unhappily employed, returning to the workforce, or retired and seeking an encore career.

1st and 3rd Wednesday of every month from 2:30-4:30 pm

Topics covered this spring:

March 7: Phone Interviews and Closing Strategies.

March 21: Interview Lab: conduct live interviews and provide feedback.

April 4: How to work a career fair

April 18: Naturalizing your Personal Narrative

May 2: How to use age as an advantage

May 16: Career Strategy Rules

Ted Talks—Discussion Group

This is a casual group that enjoys TED (Technology, Entertainment and Design) Talks. This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. Call the Center for a more complete description of the TED Talk.

Thu Mar 8, Apr 12, May 10 11:00 am-12:00 pm Free

Mar: We're building a dystopia just to make people click on ads – Zeynep Tufekci

Apr: The science of cells that never get old – Elizabeth Blackburn

May: Thoughts on humanity, fame and love – Shah Rukh Khan

Strengthening our community with PRIDE

Join us for Coffee and Conversation - bimonthly

LGBTQ and Allies will explore topics of interest -creating inclusivity and respect of our diverse community in and around Natick. Your energy, ideas and stories create our community - please share them with us.

Sat Mar 24 and May 19 9:00-10:30 am

MARCH

Maple Magic Day

Pancake Breakfast at Memorial School

Regular or gluten-free pancakes with NCOF's real maple syrup

Live Dixieland jazz, raffle, nonprofit fair

Sat Mar 3 8:00-11:00 am \$12/\$10 adults; \$6/\$5 kids 10 and under

Interactive Sugaring Tours:

Maple Magic Past and Present 9:00 am- 2:00 pm at NCOF

Interactive exhibits bring sugaring history and science to life.

Tours run on the hour and half hour at NCOF; last tour at 1:30 pm.

\$8/person. No charge for babes in arms.

NCOF Crofter members receive 3 complimentary tours.

APRIL

Community Tour & Picnic (for all ages)

Location: Natick Community Organic Farm

Join us for a kid-friendly guided tour of your local farm. Visit the animals, see the land and learn what a certified-organic educational farm is all about.

Sat Apr 14 10:00-11:00 am. Free! RSVP to eric@setteradvertising.com

MAY

De-Clutter, Simplify and Get Organized with Marilyn Cruickshank

Location: Community Center

This participatory workshop will focus on the basics of de-cluttering and getting organized and share tried and true strategies and simple solutions for dealing with the overload we all face on a daily basis. Taught by Marilyn Cruickshank, Instructor, Owner of Creative Simplicity Organizing & Productivity. This class will provide strategies and motivation to make changes that will have a big impact to help you organize and simplify your life! Refreshments provided. Sponsored by Whitney Place Assisted Living Residences, Natick.

Thu May 3 2:30-4:00 pm Free

Spring Spectacular

Hayride, petting pasture, face painting, live music, great food, seedling sale, visit our website for pricing and activities

Sun May 20 10:00 am-2:00 pm

Lives Worth Living

Location: Community Center

Join us in May to screen the movie *Lives Worth Living*. This movie chronicles the rise of the disability rights movement in this country. Thanks to their efforts, tens of millions of people's lives have been changed.

Wed May 30 5:30 pm Free

Friends and Neighbors,

The Community Services Department is delighted to provide you with the 2018 spring edition of Natick's Common Guide. In the pages to come you'll find an array of information about community activities, classes, resources and events for all ages. It's our hope you'll fill your personal calendars by taking advantage of some of the wonderful opportunities available to you.

I'd like to draw your attention to **Natick's Community Garden Initiative**. We have several plots available to interested residents. Details are available on the back cover. Hope to see you at the garden!

We also invite interested residents to make application to the upcoming session of the Town of Natick's **Citizens Leadership Academy**. This extremely popular program offers citizens an opportunity to learn about municipal operations, get to know its senior managers, and finally, to distinguish themselves as citizen leaders. Check the inside back cover for additional information.

Wishing each of you a delightful spring season. Keep in touch!
Get involved! Stay safe.

Regards,



Jemma Lambert, Director
Community Services Department

Community Senior Center FACILITY ROOM RENTALS

Sample types of events held here:
special occasion parties, reunions, dinners,
meetings, fairs, and team practices.

function hall / great room
gym - full court
classrooms
conference room

For information: send an email request to:
cscroomrental@natickma.org
Indicate rental date, time, and type of room required.

Natick Community-Senior Center
117 East Central St. ~ 508.647.6540

TABLE OF CONTENTS

| | |
|-------------------------------|----|
| Municipal News | 2 |
| Pre K Recreation | 4 |
| Youth Recreation | 6 |
| Adult Recreation | 9 |
| Skyline Adaptive Programs | 10 |
| Sassamon Trace Golf Course | 12 |
| Daytime at the CSC | 13 |
| Adult Evening/Weekend Classes | 17 |
| Organic Farm Programs | 18 |
| Volunteering | 21 |
| Morse Institute Library | 22 |
| Bacon Free Library | 23 |
| Spring Trips | 24 |



municipal news & information

TEEN AFTER SCHOOL DROP-IN (grades 5-12)

Instructor: Recreation Staff

Location: Cole Center

Natick teens are invited to come hang out in a safe place on Tuesdays and Wednesdays after school to connect with friends, find quiet space for homework, use the gym or just play air hockey and foosball. Staff and volunteers support a structured study space and help with homework. Snacks are provided. Visit: <http://natickma.gov/1511/Teen-Center>

Tues and Weds Ongoing 2:30-6:00 pm Free
(No program Feb 21, Apr 17 & 18)

Special Date-Extended hours 10:00 am-4:00 pm (Feb 20)

Special Dates-Extended hours 11:30 am-6:00 pm
(Mar 14, Apr 11)

For more information please contact Natick Recreation and Parks at: 508.647.6530

HARTFORD STREET COMMUNITY GARDENS

Try your hand at gardening! Plots are open to all Natick residents, measure 10 ft x 4 ft, and must be gardened organically. \$50 rental fee and a refundable \$25 clean up fee.

For an application, email lynda@natickfarm.org

FREE CPR CLASSES

Provided by the Natick Fire Department. The location is TBA and will be e-mailed out about 1 week ahead of time. Please e-mail Captain Ron Downing at rdowning@natickma.org with the date you would like to take the class.

| | | |
|--------|--------------|--------------|
| Mar 5 | CPR/AED only | 3:30-6:00 pm |
| Mar 22 | 1st Aid only | 6:30-9:00 pm |
| Apr 5 | CPR/AED only | 3:30-6:00 pm |
| Apr 25 | CPR/AED only | 6:30-9:00 pm |
| May 9 | CPR/AED only | 3:30-6:00 pm |
| May 24 | CPR/AED only | 6:30-9:00 pm |
| Jun 7 | CPR/AED only | 3:30-6:00 pm |
| Jun 19 | CPR/AED only | 6:30-9:00 pm |

RED CROSS BLOOD DRIVE

Location: Community-Senior Center

Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.

Mon Mar 5, Apr 2, May 7 2:00-7:00 pm

BAGELS WITH THE BOS

Location: Community-Senior Center

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place

Thu Mar 22, Apr 26, May 24 9:00-10:00 am

REPRESENTATIVE LINSKY'S OFFICE HOURS

Location: Community-Senior Center

Mon Mar 12, Apr 9, May 14 9:30-10:30 am

US REPRESENTATIVE KATHERINE CLARK'S OFFICE HOURS

Location: Community-Senior Center

Thu Mar 1, Apr 5 9:30 am

YOUR TOWN GOVERNMENT Q & A

Location: Community-Senior Center

Join Sue Salamoff, Natick Board of Selectmen, in our library café to discuss our Town Government. Come with your questions!

Thu Mar 8, Apr 12, May 10 9:30-10:30 am

CIRCUIT BREAKER SEMINAR

Location: Community-Senior Center

Join us for our annual Circuit Breaker Seminar with our State Senators. We'll discuss what the circuit breaker is and how you can benefit from it. Bring your questions!

Mon Mar 19 12:00 pm

NATICK ADDICTION RESOURCE CENTER

Natick Community Senior Center (117 E. Central Street, Natick)

Monthly workshops on topics related to addiction and recovery. Narcan training and distribution, treatment navigation, and resource information available following each presentation.

March 19, 2018 6:30-8:30 pm

April 23, 2018 6:30-8:30 pm

May 21, 2018 6:30-8:30 pm

THE JOURNEY BEREAVEMENT GROUP

Natick Community Senior Center (117 E. Central Street, Natick)

Monthly support group for those who have been impacted by the loss of a loved one who misused substances. Parent, sibling, spouse, child, friend; each has lost someone they love. The group offers support and a safe place to talk or to just be with others who also have begun the Journey of living with our loss. Drop-ins welcome.

March 27, 2018 7:00-8:30 pm

April 24, 2018 7:00-8:30 pm

May 29, 2018 7:00-8:30 pm

municipal news & information

COFFEE AND CURRENT EVENTS

Location: Community-Senior Center

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former state agency Public Information Officer.

Fri Mar 23, Apr 27, May 25 10:00-11:30 am Free

2018 ARTISTS @ CSC

Location: Community-Senior Center

Stop by the CSC to see artwork from local artists. Art is displayed in both the upstairs and downstairs hallways.

DOWNSTAIRS

Jan/Feb: Nelson Hammer - watercolors

March/April: Jan Murray - photographer

May/June: Mary Erickson - acrylic painter

UPSTAIRS

March–Natick Public Schools Elementary Art- reception 3:30-4:30 pm

April/May–Rob Franco with program (ponies of Chincoteague/
Assateague Islands)

UNDERSTANDING ADOLESCENT BRAIN DEVELOPMENT

A presentation by Dr. Ruth Potee

Natick High School (15 West Street, Natick)

March 20, 2018

7:00-9:00 PM

Sponsored by the Natick Opioid Task Force, Natick Together for Youth, Natick Public Schools, Natick Health Department, Natick Police Department, SOAR Natick (Supporting Our Addicts' Recovery), SPARK Kindness

32ND ANNUAL HOUSEHOLD HAZARDOUS WASTE DAY

When: Saturday, April 28, 2018 9:00 a.m-12:00 noon.

Where: Natick DPW Garage, 75 West Street

Registration: Begins March 5, 2018 at the Board of Health Office, Town Hall

Cost: is \$5.00 per car

A list of materials collected will be made available upon registration and will be posted on the Board of Health website.

For more information please contact the Board of health Office at: 508-647-6460

NATICK HUMAN SERVICES DIVISION

The Human Services Division provides case management services at no cost to Natick residents of any age who are in need of assistance.

Staff determine eligibility for public benefits and assist in the application process, identification of resources and provision of referrals for home care, counseling, senior and subsidized housing, veterans' services, legal services, health insurance issues and long-term care options as well as one on one advocacy and crisis intervention. In addition, the Division provides caregiver, bereavement and hoarding support referrals.

Please call our intake specialist at 508-647-6540 for a confidential review of your needs. Human Services is located at the Community Senior-Center, 117 East Central Street.

The following tax relief programs are available for qualifying taxpayers through the Assessor's Office:

Property Tax Exemptions: Offered to seniors, veterans, legally blind and other qualifying taxpayers. The requirements vary for each exemption.

Elderly and Disabled Taxation Fund: This program is supported by voluntary donations to assist qualifying taxpayers.

Tax Deferral Program: Qualifying homeowners 65 years and older may defer all or part of their property taxes until the property is sold or transferred, as 2% interest.

Disabled Accommodations: This property tax exemption funds home improvements to accommodate a disabled person age 60 or older in his/her home.

Water/Sewer Discount: Residents approved for certain tax exemptions may be enrolled in a lower water/sewer rate.

Pay-As-You-Throw: Blue trash bags are available at no cost to residents who qualify for the water/sewer discount.

Please contact the Assessor's Office at 508-647-6420 for more information or to apply for any of the above financial relief programs. The Assessor's Office is located in Town Hall, 13 East Central Street.

2018 NATICK ANNUAL TOWN ELECTION

Natick's annual local election is non-partisan and held the last Tuesday in March. At this time voters elect members to the Board of Selectmen, School Committee, Planning Board, Housing Authority, Board of Health, Board of Assessors, Town Moderator, Town Clerk, Morse Institute Board of Trustees, Constables and Town Meeting.

The upcoming Town Election will be held on March 27, 2018.

All eligible voters are encouraged to participate.

For more information, please contact the Town Clerk by phone at 508 647-6430 X4, stop by the Clerk's office at Town Hall, 13 East Central Street or by email to dpacker@natickma.org.

The Clerk's office is open Monday through Wednesday 8:00 am to 5:00 pm, Thursday 8:00 AM to 7:00 PM and Friday from 8:00 AM to 12:30 PM.

For detailed voter information please visit:

<http://www.natickma.gov/478/Voting-Election-Information>

pre-k programs

DANCE/THEATER (ages 4–5+/pre-k)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

This class will focus on basic ballet and children's jazz/hip-hop (with age appropriate music), but we will also introduce them to acting and how acting, music and dance together create musical theater. We'll add some costumes and props and present an informal performance at the final class. Students should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (8 wks)

01 Wed Apr 4-Jun 6 1:00-2:00 pm \$90
(No class on Apr 18, May 23)

F.A.S.T • T-BALL (ages 3–pre k)

Instructor: F.A.S.T Athletics Coaching Staff

Location: Cole Center Field



All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 wks)

01 Tue May 1-May 29 3:00-4:00 pm \$66

FUN WITH MESSY PLAY (ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center, 179 Boden Lane

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles, feathers and more. (8 wks)

01 Wed Apr 4-Jun 6 10:45-11:30 am \$124
(No class on Apr 18, May 23)

INTRO TO DANCE 1 (ages 3 & 4)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

This program provides an introduction to the wonderful world of dance. Students will develop gross motor skills, coordination, group skills and self-confidence. They will learn from the Instructor and from each other. Dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (8 wks)

01 Wed Apr 4-Jun 6 12:15-1:00 pm \$87
(No class on Apr 18, May 23)

JUMP, TUMBLE AND SING (ages 2–4)

Instructor: Muriel Sypek

Location: Cole Center, 179 Boden Lane

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (8 wks)

01 Wed Apr 4-Jun 6 9:30-10:15 am \$90
(No class on Apr 18, May 23)



ON MY OWN PLAYGROUP (ages 2-pre-k)

Location: Cole Center, 179 Boden Lane

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories and dance.

ATTENTION!! Playgroup **WILL REGISTER AS A LOTTERY.**

Registration forms are due on Monday, Mar 12 by 5:00pm. Confirmation calls will be made after Mar 16.

- Child must be the proper age on the first day of class.
- Morning classes please bring a snack. Afternoon classes bring a lunch. NO PEANUTS OR NUT PRODUCTS.
- For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

| | | | | | |
|-----|----------|-----|--------------|------------------|-------|
| M1 | 2-3.5 YO | Mon | Apr 2-Jun 11 | 9:00-11:00 am | \$135 |
| T1 | 2-3.5 YO | Tue | Apr 3-Jun 12 | 9:00-11:00 am | \$148 |
| T2 | 3-pre-k | Tue | Apr 3-Jun 12 | 11:30 am-2:00 pm | \$160 |
| W1 | 2-3.5 YO | Wed | Apr 4-Jun 13 | 9:00-11:00 am | \$148 |
| W2 | 3-pre-k | Wed | Apr 4-Jun 13 | 11:30 am-2:00 pm | \$160 |
| Th1 | 2-3.5 YO | Thu | Apr 5-Jun 14 | 9:00-11:00 am | \$148 |
| Th2 | 3-pre-k | Thu | Apr 5-Jun 14 | 11:30 am-2:00 pm | \$160 |
| F1 | 2-3.5 YO | Fri | Apr 6-Jun 15 | 9:00-11:00 am | \$148 |

(No class Apr 16-20, May 28)

***NEW THIS YEAR. 3-3.5 YO can stay from 9:00 am-2:00 pm on T, W, TH. Additional \$55 charge for coverage from 11:00-11:30 am Register in person at the Cole Center for lottery by March 12, 2018.

pre-k programs

SOCCER JUNIORS (ages 3-6)

Instructor: Global Premier Soccer

Location: Cole Center Gym

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is one coach to 10 players. (7 wks)

| | | | | |
|----|-----|---------------|--------------|------|
| 01 | Mon | Apr 23-Jun 11 | 2:45-3:45 pm | \$98 |
| 02 | Mon | Apr 23-Jun 11 | 3:45-4:45 pm | \$98 |

(No class May 28)

TINY TYKES (ages 2-pre k)

Instructor: Challenger Sports

Location: Cole Center, 179 Boden Lane

Tiny Tykes is a fundamental introduction to the game of soccer for players 2-5 years of age. Challenger Sports experts and child development professionals have designed an innovative age appropriate curriculum to introduce your young soccer stars to the basic skills needed in soccer as well as their motor, social and psychological skills. Participants receive a ball and uniform (if child already has a uniform, Challenger offers a backpack or Lenny the lion stuffed animal). (5 wks)

| | | | | |
|----|-----|--------------|-------------------|------|
| 01 | Tue | May 1-May 29 | 11:00 am-12:00 pm | \$75 |
| 02 | Tue | May 1-May 29 | 12:00-1:00 pm | \$75 |

BIRTHDAY PARTIES AT THE COLE CENTER

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (air hockey, foos ball, ping pong, TV etc.)
- Up to 1 hour available gym time (sports, tumbling, bounce house & game equipment included)
- Supervised by 2 recreation staff

Sundays ONLY 12:30-2:30 pm OR 3:30-5:30 pm \$175 2 hours

You supply your own paper goods, cake and refreshments. Rental is space and equipment only. **RESERVE YOUR PARTY ONLINE!**

PUBLIC SWIMMING FOR NATICK RESIDENTS

Location: Keefe Tech Pool, 750 Winter Street, Framingham

Natick Recreation and Parks Department in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool on weekends. Pool availability may change as the season progresses. Youth 12 yrs and under must be accompanied by an adult. For more information and specific dates the pool is available or closed, please call the Framingham Rec. Dept., 508-532-5960.

| | | | |
|-----|-----|--------------|----------------------|
| SNR | Sat | 2:00-3:00 pm | FREE |
| ALL | Sat | 3:00-4:30 pm | \$2/child, \$4/adult |
| ALL | Sun | 2:00-3:00 pm | \$2/child, \$4/adult |

pre-k programs



FUN WITH THE BUNNY

AGES 3-K

Saturday March 24

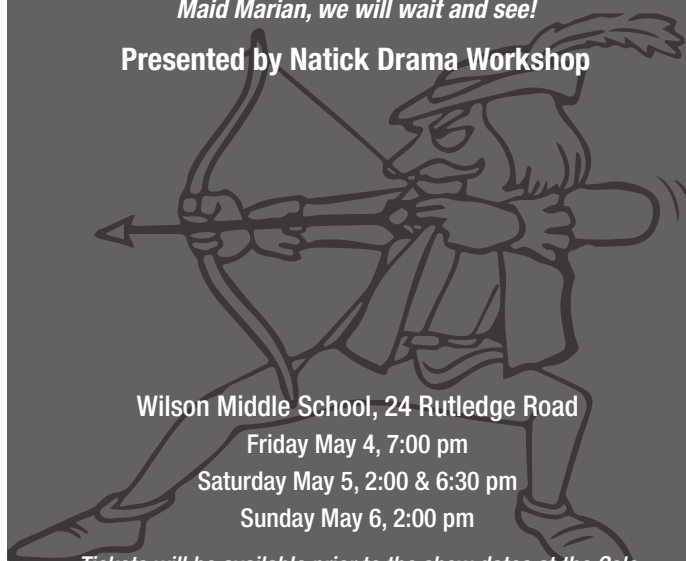
Starts at 4:00 pm, ends at 4:45 pm with photo opportunity after performance

Come join in on the fun at the Cole Center where there will be entertainment, along with a special guest. \$4/child payable at door.

“ROBIN HOOD—THE MUSICAL”

Classic tale of good vs evil. Will Robin Hood save Maid Marian, we will wait and see!

Presented by Natick Drama Workshop



Wilson Middle School, 24 Rutledge Road

Friday May 4, 7:00 pm

Saturday May 5, 2:00 & 6:30 pm

Sunday May 6, 2:00 pm

Tickets will be available prior to the show dates at the Cole Center, the libraries and at the door a half hour before show time

youth
programs**APRIL VACATION SOCCER CAMP (ages 6-12)****Instructor: Challenger Sports****Location: Wilson Middle School Field, 24 Rutledge Road, Natick**

Challenger Sports British soccer programs are some of the most popular soccer camp programs in our area. Each day is based around a different soccer topic as our coaches build up each player's skills in a fun and relaxed environment that encourages development. Stay active during the vacation week and join us for an action packed week. All campers will receive a T-shirt. (4 days)

| | | | | |
|----|---------|---------------|------------------|-------|
| 01 | Tue-Fri | Apr 17-Apr 20 | 9:00 am-12:00 pm | \$130 |
|----|---------|---------------|------------------|-------|

PLEASE NOTE: This program is a camp and therefore needs to be certified by the Natick Board of Health. Registration forms will be available on line at www.natickma.gov/recreation or in our office. This program will be registered by lottery with the deadline being Thursday March 8, 2018 at 5:00 pm, the actual lottery will take place on Friday March 9, 2018. A current physical along with a complete listing of immunizations must accompany the registration form and payment. Once the lottery is completed, we will continue to accept registrations as long as space is available.

**ARCHERY (grades 4 & up)****Instructor: On the Mark Archery Staff****Location: Cole Recreation Center, 179 Boden Lane, Natick**

Learn the focus oriented sport of traditional recurve archery and experience the thrill of success when your arrow strikes the target. This course emphasizes safety, discipline and proper form in a fun environment that enables students to learn more than just the fundamentals of shooting. Our certified USA Archery instructors empower the individual by training their instincts and mindset to concentrate on an objective and zero in on their target. All equipment provided. Enrolled students are eligible to compete in the annual On the Mark Archery Tournament in June. (4 wks)

| | | | | |
|----|-----|---------------|--------------|-------|
| 01 | Mon | Apr 30-May 21 | 5:45-6:45 pm | \$106 |
| 02 | Mon | Apr 30-May 21 | 6:45-7:45 pm | \$106 |

ART • START WITH ART (grades k-2)**Instructor: Christine Van****Location: Cole Center, 179 Boden Lane**

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks))

| | | | | |
|----|-----|---------------|--------------|-------|
| 01 | Thu | Apr 26-May 31 | 3:45-4:45 pm | \$175 |
|----|-----|---------------|--------------|-------|

ART • START WITH ART (grades 3-5)**Instructor: Christine Van****Location: Cole Center, 179 Boden Lane**

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks)

| | | | | |
|----|-----|--------------|--------------|-------|
| 01 | Mon | Apr 23-Jun 4 | 3:45-4:45 pm | \$175 |
|----|-----|--------------|--------------|-------|

(No class May 28)

**BAA TRACK CLINICS (grades 4-8)****Instructor: Recreation Staff****Location: Community-Senior Center, 117 East Central Street**

The NR & PD with the Boston Athletic Association is co-sponsoring running clinics at the Community Senior Center (CSC). We will be going into the Boston Marathon finish line for a relay challenge on the afternoon of Saturday April 14. For the practices please dress for outdoor running if it is not raining or not too wet outside. If the weather is inclement, we will practice inside in the CSC gym. Bring a water bottle. (2 wks)

| | | | | |
|----|-----|--------------------------|--------------|------|
| 01 | Mon | Apr 2-Apr 9 & Sat Apr 14 | 4:00-4:45 pm | Free |
|----|-----|--------------------------|--------------|------|

BLAST BABY SITTING (grades 6-9)**Instructor: Juanita Allen, EMT and CPR & First Aid Instructor****Location: Cole Center, 179 Boden Lane****Babysitter Lessons And Safety Training**

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

| | | | | |
|----|-----|--------|--------------|------|
| 01 | Wed | Apr 11 | 3:00-6:00 pm | \$48 |
|----|-----|--------|--------------|------|

youth programs

DESIGN & BUILD CLUB *NEW* (grades 2-4)

Instructor: Wicked Cool For Kids

Location: Cole Center, 179 Boden Lane

Create, design, build: it's engineering in action! Be an inventor and execute a water filter design that really works. Next, engineer a path (with math) to move a marble down a run. Build your own balance toy, create a creature that will sink and float, and construct a craft stick catapult. (6 wks)

| | | | | |
|-------------------|-----|--------------|--------------|-------|
| 01 | Tue | Mar 20-May 1 | 4:00-5:00 pm | \$112 |
| (No class Apr 17) | | | | |

DO YOU BELIEVE IN MAGIC (ages 8-12)

Instructor: Joe Carota

Location: Cole Center, 179 Boden Lane

Learn the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge and impress others with. (5wks)

| | | | | |
|-------------------|-----|--------------|--------------|-------|
| 01 | Fri | Apr 6-May 11 | 4:00-5:15 pm | \$110 |
| (No class Apr 20) | | | | |

FANTASTIC FRIDAYS (grades 4-6)

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

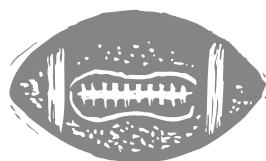
Fantastic Fridays includes a DJ, game tables, freeze dance and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic scrolling boards at each Middle School. NEW THIS YEAR –Special events! Trivia nights, costume contests, movie nights all with prizes like gift cards, free candy and more!

| | | | | |
|----|-----|--------|--------------|----------------|
| 01 | Fri | Apr 6 | 7:00-9:00 pm | 5 & 6 combined |
| 02 | Fri | Apr 27 | 7:00-9:00 pm | 5 & 6 combined |
| 03 | Fri | May 4 | 7:00-8:30 pm | 4th grade ONLY |
| 04 | Fri | May 18 | 7:00-9:00 pm | 5 & 6 combined |
| 05 | Fri | Jun 1 | 7:00-9:00 pm | 5 & 6 combined |

No pre-registration necessary. Please pay \$5 at the door.

F.A.S.T FLAG FOOTBALL (grades 2-4)

Instructor: F.A.S.T Athletics Staff



Location: Cole Center Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone defense,

fourth and inches and the QB Challenge. The F.A.S.T. Coaches will have tons of plays ready to go for their teams! (5 wks)

| | | | | |
|----|-----|--------------|-------------|------|
| 01 | Tue | May 1-May 29 | 4:00-5:00pm | \$76 |
|----|-----|--------------|-------------|------|

HOME ALONE SAFETY (grades 3-5)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center, 117 East Central Street

Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

| | | | | |
|----|-----|--------|--------------|------|
| 01 | Thu | Apr 12 | 3:15-5:15 pm | \$43 |
|----|-----|--------|--------------|------|

INTRO TO MUSICAL THEATER (grades 2-4)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (held at the last class). (8 wks)

| | | | | |
|--------------------------|-----|-------------|--------------|-------|
| 01 | Fri | Apr 6-Jun 8 | 4:30-6:00 pm | \$106 |
| (No class Apr 20, May 4) | | | | |

PARENTS NIGHT OUT (ages 5-11)

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancellations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

| | | | | |
|----|-----|--------|--------------|------|
| 01 | Sat | Apr 7 | 5:00-9:00 pm | \$18 |
| 02 | Sat | Apr 21 | 5:00-9:00 pm | \$18 |
| 03 | Sat | May 5 | 5:00-9:00 pm | \$18 |
| 04 | Sat | May 19 | 5:00-9:00 pm | \$18 |
| 05 | Sat | Jun 2 | 5:00-9:00 pm | \$18 |
| 06 | Sat | Jun 16 | 5:00-9:00 pm | \$18 |

Walk-in registration night of event available only if space is available

PLAY TENNIS AMERICA (grades 3-7)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$100, 6 wks)

| | | | | |
|-------------------|-----|--------------|--------------|--------------|
| 01 | Sun | May 6-Jun 17 | 5:00-6:00 pm | Grades 3 & 4 |
| 02 | Sun | May 6-Jun 17 | 6:00-7:00 pm | Grades 5-7 |
| (No class May 27) | | | | |

youth
programs**SPEED AND ENDURANCE (ages 7-12)****Instructor:** Kathy Fleming**Location:** Community Senior Center, 117 E. Central Street

Speed and endurance are two essential qualities that kids need to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and working on running form and strength, your athlete will reach to new levels. Bring your running shoes and a water bottle. (\$66, 5 wks)

| | | | | |
|----|-----|--------------|--------------|-----------|
| 01 | Thu | May 3-May 31 | 4:00-4:45 pm | Ages 7-9 |
| 02 | Thu | May 3-May 31 | 4:45-5:30 pm | Ages 9-12 |

**STORYBOOK THEATRE (ages 5 & 6)****Instructor:** Cindy Wright**Location:** Cole Center, 179 Boden Lane

This program provides your child with a fun introduction to theater. By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

| | | | | |
|----|-----|--------------|--------------|------|
| 01 | Fri | Apr 6-May 18 | 3:45-4:30 pm | \$70 |
|----|-----|--------------|--------------|------|

(No class Apr 20)

TEEN AFTERSCHOOL DROP IN (grades 5-12)**Instructor:** Recreation Staff**Location:** Cole Center, 179 Boden Lane

Natick teens are invited to come hang out in a safe place on Tuesdays and Wednesdays after school to connect with friends, find quiet space for homework, use the gym or just play air hockey and foosball. Staff and volunteers support a structured study space and help with homework. Snacks are provided. For more information go to <http://natickma.gov/1511/Teen-Center>

| | | | | |
|----|-----------|---------|--------------|------|
| 01 | Tue & Wed | Ongoing | 2:30-6:00 pm | Free |
|----|-----------|---------|--------------|------|

(No program Feb 21, Apr 17 & 18)

Special Date-Extended hours (Feb 20) 10:00 am-4:00 pm

Special Dates-Extended hours (Mar 14, Apr 11) 11:30 am-6:00 pm

For more information please contact Natick Recreation and Parks at 508-647-6530

THE LATIN AND GREEK ROOTS CHALLENGE**INTRODUCTION SESSION (grades 2-5)****Instructor:** Maureen and John Riley**Location:** Cole Center, 179 Boden Lane

Looking for a fun and educational class for your child(ren)? Learning Latin and Greek roots engages students to “look within a word to find its meaning”. “Roots” are the foundation of over sixty-percent of the English language. Parents are welcome to observe a class. Come join us for this introductory six week class. For more details or more information on the class feel free to visit www.the-rooted-mind.com. (6 wks)

(Suggested pre-requisite for the Challenge session below)

| | | | | |
|----|-----|---------------|--------------|-------|
| 01 | Thu | Mar 29-May 10 | 3:30-4:30 pm | \$100 |
|----|-----|---------------|--------------|-------|

(No program Apr 19)

THE LATIN AND GREEK ROOTS CHALLENGE (grades 2-5)**Instructor:** Maureen and John Riley**Location:** Cole Center, 179 Boden Lane

Looking for a fun and educational class for your child(ren)? Join us to continue learning Latin and Greek roots. A class that engages students to “look within a word to find its meaning”. “Roots” are the foundation of over sixty-percent of the English language. Parents are welcome to observe a class. For more details on the benefits or more information on the class feel free to visit www.the-rooted-mind.com. (6 wks)

(Pre-requisite suggested but not required. The Latin and Greek Roots Challenge Introduction Session)

| | | | | |
|----|-----|---------------|--------------|-------|
| 01 | Thu | Mar 29-May 10 | 4:30-5:30 pm | \$100 |
|----|-----|---------------|--------------|-------|

(No class Apr 19)

**48 HOUR MUSICAL-MEMORIAL DAY WKND (ages 10 & up)****Instructor:** Debbi Finkelstein, NDW Stage Manager**Location:** Cole Center, 179 Boden Lane

A fun and fast-paced musical production. For 2 days actors will have a full production experience, starting with auditions—all leading up to a performance at the end of the day for family and friends. Projected schedule; Sat, 8:30 am-6:30 pm, Sun, 12:00-8:00 pm.

| | | | | |
|----|-----------|------------|-------------|------|
| 01 | Sat & Sun | May 26, 27 | times above | \$75 |
|----|-----------|------------|-------------|------|

adult programs

ARCHERY (ages 15 and up)

Instructor: On the Mark Archery Staff

Location: Cole Center, 179 Boden Lane

Discover recurve archery and experience the empowerment that comes with learning the way of the bow and arrow. The complex details of the shooting form are broken down into simplified steps that are easy to understand and execute. Mastery of the sport takes years, but fundamental success can be found with a focused mind and a determined attitude. All equipment is provided. Beginners and intermediates welcome. Enrolled participants are eligible to compete in the On the Mark Archery Tournament this June. (4 wks)

01 Mon Apr 30-May 21 7:45-8:45 pm \$106



CO-ED ULTIMATE FRISBEE (adults-high school graduate or older)

Location: Kennedy Middle School Field

We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (8 wks)

\$20/resident, \$40/nonresident

01 Sat May 5-Jun 23 4:00-6:00 pm

FIRST AID AND CPR CERTIFICATION (18+ years old)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Cole Center, 179 Boden Lane

This certified course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01 Wed Apr 11 6:00-9:00 pm \$73

PICKLEBALL (adults-high school graduate and older)

Location: Wilson Middle School

Players must be out of high school. Participants will play a pick-up format of Pickleball with the teams different each week. (19 nights)

01 Mon & Wed Mar 19-May 30 6:30-8:30 pm \$86

(No program Mar 26, Apr 16, May 23, 28)

PLAY TENNIS AMERICA (adults)

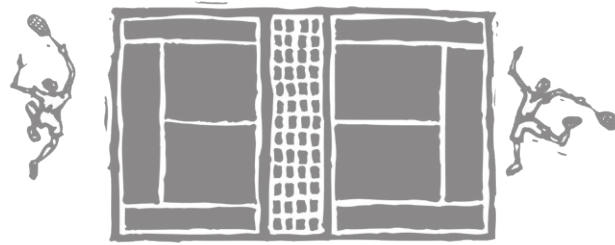
Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

01 Sun May 6-Jun 17 7:00-8:00 pm \$100

(No class May 27)



SLOW PITCH SOFTBALL (WOMEN) (adult women-high school graduate or older)

Location: Coolidge Field

When signing up, please put down the team you would like to play for, if known. Teams from previous year will have first opportunity. Any new players, who have any questions, please call the NR&PD at (508) 647-6530. We will try to accommodate all who register but there are no guarantees.

01 Tue or Thu May 15 season start 6:15 pm sharp

\$50/resident, \$70/nonresident

TAI CHI • BEGINNING & ADVANCED (adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor

Location: East School Gym, 90 Oak Street, Natick

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements-connecting the mind and body! (10 wks)

Beg Mon Apr 2-Jun 11 6:30-7:30 pm \$85

Adv Mon Apr 2-Jun 11 7:45-8:45 pm \$85

(No class May 28)



skyline

adaptive programs

Serving the Natick Community and surrounding towns with adaptive and inclusive programs for individuals with special needs.

SPECTACULAR SATURDAYS (teens and adults)

Location: Various locations

This 8 week program is an all day event that Skyline has been hosting for many years. You may only choose one program from each time slot and choices are for all 8 weeks.

Sat Apr 21-Jun 16

(No class May 26)

COSMIC BOWLING (teens and adults)

Location: Ryan's Family Amusements 1170 Main Street, Millis

Start your day off right with the whole gang by striking down the pins in Millis.

01 Sat Apr 21-Jun 16 9:15-10:45 am \$79

(No class May 26)

ZUMBA WITH JAYNE (teens and adults)

Instructor: Jayne Carney

Location: Cole Center, 179 Boden Lane

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

2A Sat Apr 21-Jun 16 11:15 am-12:15 pm \$78

(No class May 26)

MINI GOLF (teens and adults)

Location: Putts and More, 750 Concord Street, Holliston

Get ready to learn the course in Holliston as we take it on together hole by hole each week! By the end of the session everyone will be making par!

2B Sat Apr 21-Jun 16 11:30 am-12:00 pm \$70

(No class May 26)

FUN WITH ART (teens and adults)

Location: Cole Center, 179 Boden Lane

Use your imagination and explore many ways to have fun with art.

2C Sat Apr 21-Jun 16 11:15 am-12:15 pm \$79

4A Sat Apr 21-Jun 16 2:00-3:00 pm \$79

(No class May 26)

SATURDAY'S LUNCH BUNCH (teens and adults)

Location: Various locations

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.

03 Sat Apr 21-Jun 16 12:45-1:45 pm At least \$10/wk

(No class May 26)

DANCE (teens and adults)

Instructor: Nancy Kelley

Location: Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)

4B Sat Apr 21-Jun 16 2:15 pm-3:00 pm \$78

(No class May 26)

SPECTACULAR SATURDAY'S TRANSPORTATION (teens and adults)

Location: Various locations

Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45am to bowling, then to zumba/mini golf/art, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance. There are limited seats on the bus so there is only room on the bus for the designated programs you are specifically signed up for.

5 Sat Apr 21-Jun 16 \$32

(No class May 26)

COFFEE HOUSE (all ages)

Location: Cole Center, 179 Boden Lane

Belt out your favorite song at Karaoke with friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

01 Fri Apr 20 6:30-9:30 pm \$20

02 Fri May 25 6:30-9:30 pm \$20

03 Fri Jun 8 6:30-9:30 pm \$20

DINNER, MOVIE AND GAMES (teens and adults)

Location: Cole Center, 179 Boden Lane

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

01 Fri Apr 13 5:30-9:00 pm \$20

02 Fri May 11 5:30-9:00 pm \$20

ST. PATRICK'S DAY DANCE (teens & adults)

Location: Cole Center, 179 Boden Lane

Come eat, dance, and hang out for this St. Patrick's Day celebration! Do not forget to wear green.

01 Fri Mar 16 6:30-9:00 pm FREE



skyline adaptive programs

STRETCH WHAT MATTERS YOGA (ages 16 and up)

Instructor: Stretch What Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost.

| | | | | |
|----|-----|---------------|--------------|--------------|
| 01 | Tue | Apr 24-May 15 | 4:45-5:45 pm | \$110 (4wks) |
| 02 | Tue | May 22-Jun 19 | 4:45-5:45 pm | \$135 (5wks) |

STRETCH WHAT MATTERS YOGA (ages 10-15)

Instructor: Stretch What Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Yoga is the perfect way to end a Thursday night. Students who benefit from additional support are welcomed to participate with no extra cost.

| | | | | |
|----|-----|---------------|--------------|--------------|
| 01 | Thu | Apr 26-May 17 | 4:45-5:45 pm | \$110 (4wks) |
| 02 | Thu | May 24-Jun 21 | 4:45-5:45 pm | \$135 (5wks) |

TICKET TO ADVENTURE (teens and adults)

Location: Meet at the Cole Center, 179 Boden Lane

Enjoy 6 Saturday nights out with an event and dinner every time!
Embark on new adventures with your favorite friends.

| | | | | |
|----|-----|-----------------------------------|---------------|-------|
| 01 | Sat | 3/31, 4/14, 4/28, 5/12, 5/26, 6/9 | 5:30-10:30 pm | \$260 |
|----|-----|-----------------------------------|---------------|-------|

WEEKEND WARRIORS (teens and adults)

Location: Cole Center, 179 Boden Lane

It's easy to get off the couch on Friday nights with these fun activities. Enjoy Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date with any changes. Apr 6: Mr. NHS, Apr 27: Mini Golf (if weather permits), May 4: NDW play, June 1 Dinner.

| | | | | |
|----|-----|--------|--------------|------|
| 01 | Fri | Apr 6 | 6:00-9:00 pm | \$25 |
| 02 | Fri | Apr 27 | 5:00-8:00 pm | \$25 |
| 03 | Fri | May 4 | 6:00-9:30 pm | \$25 |
| 04 | Fri | Jun 1 | 6:30-9:00 pm | \$25 |

NATICK LITTLE LEAGUE CHALLENGER BASEBALL (Ages 5-18)

Natick Little League Challenger Division offers boys and girls with physical and mental challenges, ages 5-18, (or the completion of high school), the opportunity to participate in an organized game of baseball. The most fundamental goal of the Challenger Division is to give everyone the chance to play the game of baseball. Athletes will be matched with buddies to help them succeed in all aspects of the game.

The Challenger Baseball season is April 28th through Mid-June. Registration is open now to Natick and neighboring towns, and is free for all Natick residents. To register online go to www.Natickll.org or contact Linda Tardif directly at lindahtardif@gmail.com.



NATICK'S NEW TEEN-DROP-IN CENTER

The Teen Center offers a safe place for teenagers to hang out as well as providing program and enrichment opportunities. Supervised by our fun and energetic recreation & parks staff, the Teen Center offers:

- Open gym, game room, TV, comfortable couches and Wi-Fi
- Complimentary healthy snacks and vending machines
- Outdoor space on the fields available when weather permits
- Interactive Lights On After School Special Event
- FREE Yoga Clinic
- Job Shadowing at the Microsoft Store
- Complimentary Holiday Party at the Wilson School

Hours: Tuesdays and Wednesdays after school until 6:00pm. The Center is open early on early release days and some vacation days.

How to Sign up: Complete an online form and have a Parent/Guardian sign it. Bring this into the Cole Center to receive your Teen Center Pass!

Coming up this summer:

- Classes (Yoga, Dance, Art, Cooking, etc)
- Field Trips (Work experience, collaborative teen programming)
- Special Events (Teen Nights and Open Gym Programs)

If you think you can help or want to request programming, email Lauren Meurer at Lmeurer@natickma.org

For further information on the Teen Center and other Teen Events visit the Teen Center Webpage
www.natickma.gov/1511/Teen-Center

TEEN DROP-IN CENTER

sassamon trace

SASSAMON TRACE GOLF COURSE

233 South Main Street, Natick MA

(508) 655-1330

www.sassamontrace.com

The Natick Recreation and Parks Department is proud to provide Natick with a quality 9-hole, par 32 golf course conveniently located near downtown Natick. Sassamon Trace offers a wide variety of services and merchandise to serve your golfing needs.

2018 SEASON PASSES (RESIDENT FEES)

Adult 7 Day Pass \$850

Senior 7 Day Pass \$700

Junior 7 Day Pass \$475

Summer 7 Day Student Pass \$350

Limited Weekday Pass \$600

Seniors are 60 & over, Juniors are 17 & under

Summer Pass for full time students 21 & under

Reduced fees for spouses and additional juniors

Go to Sassamontrace.com for detailed info

9-HOLE DAILY GOLF FEES

| Mon-Fri | Sat-Sun |
|------------------|---------|
| Adults \$23 | \$25 |
| Seniors \$18 | \$25 |
| Juniors \$18 | \$25 |
| Twilight \$16 | \$16 |
| Twilight Juniors | \$10 |

Twilight begins 1 ½ hours before sunset

Reduced fees are available for replays

ANNUAL GHIN HANDICAP SERVICE

Adult \$50

Sassamon Pass Holder \$40

Junior \$25

Sassamon Junior Pass Holder N/C

www.Sassamontrace.com

GOLF INSTRUCTION AT SASSAMON TRACE

PGA Golf Professional Kurt McDowell and staff will be offering adult and youth golf instruction during the spring and summer. Kurt has been teaching for 14 years and has vast experience with different age and skill level golfers.

ADULT GROUP INSTRUCTION

Classes are held Monday-Thursday evenings beginning week of April 30th. There will be 5 hours of instruction spread over 4 meetings. Classes focus on new and beginning golfers. Golf equipment will be provided if needed.

Fee: \$120 per 4 week session

JUNIOR GROUP INSTRUCTION

Classes begin the week of April 30th. There will be 5 hours of instruction spread over 4 meetings. Emphasis will be placed on sound fundamentals and swing techniques.

Fee: \$120 per 4 day session - for juniors 10 and older

For ages 6-9 a 30 minute class will be held on the same days from 11:15-11:45 am. Fee: \$50 per 4 day session

Class size is limited to 4 students for greater personal attention.

Registration begins March 1 and payment is required at registration.

ADULT AND JUNIOR GOLF LEAGUES

Sassamon Trace offers the following recreational golf leagues. The second session of leagues begin the the end of June.

Tuesday Evening Men's League

Wednesday Evening Men's League

Wednesday Morning Women's League

Thursday Evening Women's League

Fee: \$184 per 8 week session (\$50 for Pass Holders)

Our popular 8 week Junior Tour will be held Tuesday mornings beginning June 26th. Juniors should have a basic understanding of the rules of golf to play in this league.

Fee: \$135 (\$30 for Pass Holders)

Registration for all leagues begins March 1.



TOURNAMENTS AND SPECIAL EVENTS

Sassamon Trace offers a variety of public tournaments, programs, clinics and special events. Please visit our website for a calendar of events and registration information or call the golf shop at 508.655.1330.

adult daytime at the CSC

All Events Held at the Natick Community-Senior Center Unless Otherwise Noted

YL THE YEARN TO LEARN CARD!

Try our YEARN TO LEARN CARD! Purchase an electronic 'card' at our front desk for either \$15 for 5 classes or \$30 for 10 classes—or just \$3 a class!—and work just like our exercise cards. Purchase a card and save time when checking in at the front desk! Classes will change, so keep checking in to see what's next!

YL GREAT COURSES: THE AGING BRAIN

Taught by Professor Thad Polk, a neuroscientist and award-winning professor at the University of Michigan, this DVD series explores the fascinating topic of aging. Is "aging" a disease, or merely a natural occurrence that produces disease-like symptoms? If humans are biologically programmed to survive and thrive, why do we age at all? Is it possible (or even desirable) to "cure" aging altogether? Two 30 minute-long lectures will be shown. 6 weeks. Please note: lectures are stand alone; come to 1, some or all!

Tue Ongoing through Mar 27 11:30 am-12:30 pm
\$3; use your Yearn to Learn Card

YL OPERA APPRECIATION SERIES

Opera is back! This drop-in course will be guided by Ron Williams, an award-winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco Spring Opera and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose.

Fri Ongoing through April 20 10:30 am-1:00 pm
(No class March 30) \$3; use your Yearn to Learn Card

YL GREAT COURSES: HOW TO LOOK AT AND UNDERSTAND GREAT ART

What does it take to truly know what you're seeing when you look at art? In this DVD series, award-winning Professor Sharon Latchaw Hirsh of Rosemont College speaks to this and other compelling questions. Unlike a traditional survey of art, these lectures take you on an in-depth exploration of the practical skill of viewing art to give you the knowledge you need to approach great artworks and reach new levels of appreciation.

Tue Apr 3- May 29 11:30 am-12:30 pm
\$3; use your Yearn to Learn Card

YL IMPROV YOUR MIND WITH KRISTEN MAZZOCCHI

Aside from being a fun and engaging theater art form, improvisational theater (Improv) also stimulates memory and brain health. You and your fellow participants will participate in spontaneous, unscripted improv games. The atmosphere will be warm and inclusive for both *Improv* novices and those with some prior experience. You will have a great time, laugh a lot and make new friends. Limited to 20.

Thu May 31 1:30-3:00 pm
\$3; use your Yearn to Learn Card

Please remember the CSC will be closed on Monday, April 16 for the Patriots' Day holiday and on Monday, May 28 for Memorial Day.

Join us for the annual St. Patrick's Day Brunch on Saturday, March 17. Call the CSC to register. Space limited. Sponsored by the Rotary Club of Natick.

ST. PATRICK'S DAY CELTIC CELEBRATION- STORIES AND SONGS

Join musician and storyteller Davis Bates for songs, stories and a sing-a-long celebrating Celtic traditions & St Patrick's Day. All ages welcome! Please call to sign up in advance.



Thu Mar 8 1:30 pm Free

This program is supported in part by the Natick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

TED TALKS – DISCUSSION GROUP

This is a casual group that enjoys TED (Technology, Entertainment and Design) Talks. This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. Call the Center for a more complete description of the TED Talk.

Thu Mar 8, Apr 12, May 10 11:00 am-12:00 pm Free

Topic for Mar: *We're building a dystopia just to make people click on ads – Zeynep Tufekci*

Topic for Apr: *The science of cells that never get old – Elizabeth Blackburn*

Topic for May: *Thoughts on humanity, fame and love – Shah Rukh Khan*

DIABETES SELF-MANAGEMENT SUPPORT GROUP

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. Diabetes is a chronic illness which can leave you feeling isolated or uncertain about what you are experiencing. The advantage of a group is that you will feel less alone. Group members find that their feelings, fears, fantasies, and hopes are shared by others. The group is facilitated by Joan Hill, RD, CDE, LD.

Wed *new day Mar 14, Apr 11, May 9 10:00-11:00 am

adult daytime at the CSC

ALL RISE! THE MARSHALL COURT- a 2 part talk by historian Gary Hylander

John Marshall is arguably the most important judicial figure in American legal history. In later years, John Adams wrote that his nomination of Marshall to the Court was the "proudest act" of his life. As the fourth Chief Justice, Marshall moved the court to the very center of constitutional government. He viewed the Constitution as both a legal and political document. Marshall is honored today not because he decided cases, but because he got them right.

| | | | |
|-------------|--------|---------|------|
| Part 1: Mon | Mar 19 | 2:00 pm | Free |
| Part 2: Thu | Apr 26 | 2:00 pm | Free |

BOOKGROUP AT CSC- FICTION AND NON-FICTION HISTORY

Join a representative from the Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not! Call for date

| | | | |
|-----|------------------------|--------------|------|
| Tue | Mar 20, Apr 17, May 19 | 1:00-2:00 pm | Free |
|-----|------------------------|--------------|------|

Book selections will be:

March: *Liar, Temptress, Soldier, Spy: Four women undercover in the Civil War* by Karen Abbott

April: *Hillbilly Elegy: A memoir of a family and culture in crisis* by J. D. Vance

May: *Homecoming* by Yaa Gyasi



COFFEE AND CURRENT EVENTS

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former state agency Public Information Officer.

| | | | |
|-----|------------------------|----------------|------|
| Fri | Mar 23, Apr 12, May 10 | 10:00-11:30 am | Free |
|-----|------------------------|----------------|------|



SENIOR LEARNING NETWORK PROGRAM

Exciting monthly programs provide you with the experience to talk to presenters live and virtually from across the country and around the world! Please join us!

CANYON CONNECTIONS

This program focuses on animal and plant adaptations while introducing some of the amazing creatures that call Grand Canyon home. Participants learn about the five diverse ecosystems found at Grand Canyon and the unique interrelationships found within them.

| | | | |
|-----|-------|--------------|------|
| Thu | Mar 1 | 1:00-2:00 pm | Free |
|-----|-------|--------------|------|

THE WONDERS OF YELLOWSTONE

The world's first national park has more geysers than anywhere else in the world, iconic and charismatic fauna, plants that rely on fire to reproduce, and many other secrets that make it a place of wonder! In this program, participants discover the interwoven nature of the park's ecology, geology, and human history.

| | | | |
|-----|-----------------------------|--------------|------|
| Thu | March date TBA: call Center | 1:30-2:30 pm | Free |
|-----|-----------------------------|--------------|------|

THE EGYPTIAN GODDESS & THE MARBLE MASTERPIECES IN THE GARDENS OF HEARST CASTLE

Stroll through the gardens of Hearst Castle and learn about the marble statuary and sarcophagi located throughout the gardens. Gaze at the Egyptian Goddess Sekmet, and get an up-close look at 4 sculptures of her from over 3000 years ago! Discover their origin, history, and how they came to be placed in the gardens of William Hearst, a prominent Art Collector of the early 20th Century.

| | | | |
|-----|--------|--------------|------|
| Thu | Apr 19 | 1:30-2:30 pm | Free |
|-----|--------|--------------|------|

A NEW DEAL TO REBUILD A NATION

This presentation begins with an explanation of the Great Depression, its causes and events, and then describes life in that era. It then introduces The New Deal in a national context and explains the Civilian Conservation Corps as an example of New Deal programs.

| | | | |
|-----|---------------------------|--------------|------|
| Thu | May date TBA: call Center | 1:30-2:30 pm | Free |
|-----|---------------------------|--------------|------|

NHS JAZZ ENSEMBLE

Come hear the cool jazz rendering of the Natick High School Jazz Ensemble in April, which has been deemed *Jazz Month* by the Smithsonian's National Museum of American History. Enjoy a great selection by fantastic young musicians. Led by John Cice, Natick High School Band Director.

| | | | |
|-----|-------|---------|------|
| Thu | Apr 5 | 1:30 pm | Free |
|-----|-------|---------|------|

adult daytime at the CSC

THE WILD PONIES OF ASSATEAGUE ISLAND—A TALK BY ARTIST ROB FRANCO

Artist Rob Franco has been inspired by and visited this unique island in the Chesapeake Bay where wild ponies have lived since the 1700's. Come and hear Rob talk about this island with a short video from the US Parks Department, photographs and show and tell objects including items from shipwrecks that have washed up after storms for the past 300 years. Rob's paintings, inspired by this island, are on display upstairs at the Natick Community-Senior Center April and May.

Wed April 18 2:00 pm Free

ORGANIC GARDENING FOR EVERYONE



Our presenter, John Root, provides practical advice and inspiration to gardeners of all ages. Topics include composting and mulching to promote healthy soil, using space efficiently, growing plants from seed, inviting beneficial wildlife, controlling weeds and pests naturally, and preserving homegrown produce. Questions and comments are welcome, and handouts with recommended books and websites are made available to participants. *This program is supported in part by the Natick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

Thu Apr 19 2:30 pm Free

REVOLUTIONIZE YOUR RETIREMENT WITH AUTHOR DORIAN MINTZER

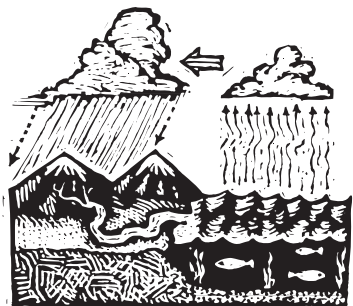
In this interactive presentation/workshop you'll be guided to begin to develop a roadmap to successfully navigate the second half of life. We'll focus on issues such as: The changing landscape of retirement; understanding the changing paradigm about aging; the importance of connection, engagement, purpose and meaning; embracing your "bonus years" as a time to grow, learn and evolve; and conversations to have with your spouse/partner/significant other in your life.

Mon April 23 2:00 pm Free

A TALK WITH HARVEY LEONARD: OUR CHANGING WEATHER

Come and hear WCVB's award-winning Chief Meteorologist, Harvey Leonard, speak about the changeable New England weather. He'll talk about the connection between climate change and our weather today and tomorrow. *Pre-registration is required as space is limited.*

Wed Apr 25 1:00 pm Free



DE-CLUTTER, SIMPLIFY AND GET ORGANIZED WITH MARILYN CRUICKSHANK

This participatory workshop will focus on the basics of de-cluttering and getting organized and share tried and true strategies and simple solutions for dealing with the overload we all face on a daily basis. Taught by Marilyn Cruickshank, Instructor, Owner of Creative Simplicity Organizing & Productivity. Refreshments provided. Sponsored by *Whitney Place Assisted Living Residences, Natick.*

Thu May 3 2:30-4:00 pm Free

AMERICAN PASSAGE: THE HISTORY OF ELLIS ISLAND A TALK WITH AUTHOR DR. VINCENT J. CANNATO

Please join author and Associate Professor of History at University of Massachusetts Boston, Vincent Cannato, in a talk on the colorful history of Ellis Island, a place where many of our ancestors first touched American soil. Signed Copies of *American Passage: The History of Ellis Island* books will be available for purchase.

Mon May 14 1:30 pm Free

FOCUS ON BALANCE – MANAGING CONCERNS ABOUT FALLS

The goal of this class is to reduce the fear of falling and increase the activity level of older adults. While acknowledging the risk of falling, we'll emphasize practical coping strategies. We'll practice light exercises to improve balance, learn how to get up from a fall and lifestyle modifications for your home and general environment. Workbooks will be provided. Led by Dr Cheryl Abelow from FYZICAL Therapy & Balance Center. Limited to 20.

Thu May 24- Jun 28 1:30-2:30 pm \$10

Registration covers the cost of book and supplies

LIVES WORTH LIVING

Join us in May to screen the movie *Lives Worth Living*. This movie chronicles the rise of the disability rights movement in this country. People with disabilities are one of the largest minorities in the United States, but for most of American history, they occupied a sub-class of millions without access to everyday things most citizens take for granted: schools, apartment buildings, public transportation, and more. Thanks to their efforts, tens of millions of people's lives have been changed.

Wed May 30 5:30 pm Free

COMMUNITY CONNECTIONS – SENIOR CENTER WITHOUT WALLS

Are you a senior who is unable to travel to the Community-Senior Center? Join us for friendly phone conversation with other seniors. Volunteers lead calls lasting 30 to 60 minutes. We chat about current events, trivia, stories and more. Make new friendships! To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919.

Program made possible in part by funding from the Older Americans Act via BayPath Elder Services, Inc.

adult daytime at the CSC

50+ JOB SEEKERS REGIONAL NETWORKING GROUPS!

Location: Community-Senior Center

This program is designed to address the needs of the "Mature Worker," which will be defined as anyone over 50. This program is for the job seeker who is unemployed, underemployed, unhappily employed, returning to the workforce after a lengthy gap, or retired and seeking an encore career. The issue of age bias and suggestions for overcoming it will be discussed, and interesting guest speakers are planned. We meet the **first and third Wednesday** of every month from 2:30-4:30 pm at the CSC.

Topics covered this spring:

March 7: Phone Interviews and Closing Strategies. Preparing for phone interviews: take the time to get prepared—you never have a second chance of making a first impression!

March 21: Interview Lab: we'll conduct live interviews and provide feedback.

April 4: How to work a career fair: We'll review the key things to do before, during and after a career fair.

April 18: Naturalizing your Personal Narrative: A personal narrative builds a connection with your interviewer and demonstrates your authentic interests and passion in the role and the company.

May 2: How to use age as an advantage: We will be covering the challenges mature workers face, strategies to address these challenges and openly discuss the questions asked and how to best respond to them in an interview.

May 16: Career Strategy Rules: The Career Wheel Exercise is a tool to help executives in transition, career changers and entrepreneurs to look at all parts of their short term and long term career strategy.

Funded and supported by the Massachusetts Association of Councils on Aging (MCOA), we offer a Job Seekers Networking Group program to support and assist people in the 50+ demographic who are looking for a new job, a totally new career direction or an encore career.

STRENGTHENING OUR COMMUNITY WITH PRIDE

Join us for **Coffee and Conversation** - bimonthly LGBTQ and Allies will explore topics of interest -creating inclusivity and respect of our diverse community in and around Natick. Your energy, ideas and stories create our community - please share them with us. We will be meeting on Saturday, **March 24** and **May 19** from 9:00-10:30 am.

This program is supported in part by the Natick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

COMPUTERS

COMPUTER LAB

Instructors: Tom Swan & Ray Berggren

Drop-in, first come, first served with your computer questions.

| | | | |
|---------------|---------------|---------|------|
| Mon & Fri | 9:00 am-noon* | ongoing | Free |
| Tue, Wed, Thu | 1:00-3:00 pm* | ongoing | Free |

*Please note: during tax season, our computer lab is not available on Mondays and Thursdays through April 13.



The **Fitness Room** at the CSC is a small community gym with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up for at the front desk at the CSC. Fitness room hours are Mon-Fri from 7:30 am-8:00 pm and Sat 8:30 am-12:30 pm.

SMALL GROUP PERSONAL FITNESS

Instructor: MetroWest YMCA

The Fitness Instructor will modify classes for students as needed and be available to address questions. Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month.

Pre-registration is required for ALL small group classes. Preference will be given to Natick residents.

| Class start date | Natick residents | Non-Natick residents |
|------------------|------------------|----------------------|
| Mar 27 | Mar 13 | Mar 20 |
| Apr 24 | Apr 10 | Apr 17 |
| May 22 | May 8 | May 15 |

Price per 8 session class

| | | | |
|-----------|----------------|----------------|-------|
| Tue & Thu | Mar 27-Apr 19 | 10:00-11:00 am | \$100 |
| Tue & Thu | Mar 27-Apr 19 | 11:00-12:00 pm | \$100 |
| Tue & Thu | Apr 24-May 17 | 10:00-11:00 am | \$100 |
| Tue & Thu | Apr 24-May 17 | 11:00-12:00 pm | \$100 |
| Tue & Thu | May 22-June 14 | 10:00-11:00 am | \$100 |
| Tue & Thu | May 22-June 14 | 11:00-12:00 pm | \$100 |

SMALL GROUP PERSONAL TRAINING - EVENING

Price per 8 session class

| | | | |
|-----------|----------------|--------------|-------|
| Tue & Thu | Mar 27-Apr 19 | 7:00-8:00 pm | \$100 |
| Tue & Thu | Apr 24-May 17 | 7:00-8:00 pm | \$100 |
| Tue & Thu | May 22-June 14 | 7:00-8:00 pm | \$100 |

Register online at <https://register.communitypass.net/natick> with credit card, or call the CSC at 508-647-6540 if you want to pay cash, check: payable to 'Town of Natick'. Registration fee due upon registration.

WEEKLY EXERCISE PROGRAMS AT THE CSC

| | | |
|---|--|-------------------|
| Chair Yoga: | Mondays | 10:00-11:00 am |
| Chair Aerobics: | Tues at 11:15am-12:15 pm, Wed & Fri 11:00 am-noon | |
| Line Dancing: | Wednesdays | 12:00-1:00 pm |
| Muscle Building: Advanced Band Exercises: | Tues and Thurs | 10:00-11:00 am |
| Muscle Building: Low to Moderate Band Exercises: | Tues and Thurs | 11:00 am-noon |
| Evening Muscle Building: | *Tues and Thurs 5:30-6:30 pm **Not held 3rd Tue of mo. | |
| Strength Training: | Fridays | 10:00-11:00 am |
| T'ai Chi: | Fridays | 11:15 am-12:15 pm |
| Yoga: | Tues at 3:00-4:15 pm & Fri 2:15-3:30 pm | |
| Zumba: | Mondays | 11:30 am-12:30 pm |
| Cost: \$3.00 per class or purchase \$15 or \$30 multi-exercise card | | |
| Please bring your Yoga mat. | | |

weekend/evening adult classes

All classes take place at the Natick Community-Senior Center

ART: DRAWING FOR PLEASURE (beginners-adults)

Instructor: Beth Fagan

Have you ever wanted to draw but felt intimidated? This class is for the beginner to learn drawing basics and techniques in a fun and non-judgmental environment. In class, we'll work with dry media such as pencils and charcoal and get into the fun of making simple drawings. A supply list will be available at registration.

| | | | | |
|----|-----|-------------|--------------|-----------|
| 01 | Wed | Apr 4-May 9 | 5:30-7:00 pm | \$90/6wks |
|----|-----|-------------|--------------|-----------|

ART: WATERCOLOR LANDSCAPE PAINTING (beginners-adults)

Instructor: Beth Fagan

For those with little or no experience who want to try painting with transparent watercolors and learn about color relationships. Class time covers: artist presentation and discussion, technique demonstration, and class participation/paint time. We'll learn how to mix colors, create washes and different textures and start painting. Bring a few photographs of your favorite landscapes to paint. Material list will be emailed to you.

| | | | | |
|----|-----|---------------|--------------|-----------|
| 02 | Wed | May 16-Jun 20 | 5:30-7:00 pm | \$90/6wks |
|----|-----|---------------|--------------|-----------|

BALLROOM DANCING: EAST COAST SWING (Beginner-adults and high school students)

Instructor: Betty Hood

Have fun while dancing to the big band sounds from the jazz age and rock and roll. Learn this social dance style that's been popular with all ages for decades. Please wear shoes that allow you to turn—no rubber soles. Couples and singles are welcome. Teens—learn how to dance for your prom!

| | | | | |
|----|-----|-------------|--------------|------------|
| 01 | Fri | Apr 6-May 4 | 5:30-6:30 pm | \$50/5 wks |
|----|-----|-------------|--------------|------------|

BALLROOM DANCING: EAST COAST SWING—LEVEL II (beg.- int.)

Instructor: Betty Hood

Some knowledge of Swing necessary for this class. After the Beginner class, continue to a more advanced level, or join us if you already know some Swing. Please wear shoes with good support that allow you to turn - no rubber soles. Couples and singles are welcome.

| | | | | |
|----|-----|---------------|--------------|-----------|
| 02 | Fri | May 18-Jun 15 | 5:30-6:30 pm | \$50/5wks |
|----|-----|---------------|--------------|-----------|

BODY: FIT BODY BOOTCAMP (all levels- adults)

Instructor: Charlene Harper

Train to get into the best shape of your life with this veteran exercise instructor. Learn an energetic fitness program with a special focus on developing a strong core. The first forty-five minutes will be rigorous cardio activities and the last fifteen will involve a jog and cool down exercises in the gym. Couples and singles welcome.

| | | | | |
|----|-----|--------------|---------------|------------|
| 01 | Sat | Apr 7-May 12 | 9:00-10:00 am | \$75/6 wks |
|----|-----|--------------|---------------|------------|

| | | | | |
|----|-----|---------------|----------------|------------|
| 02 | Sat | May 19-Jun 23 | 10:00-11:00 am | \$75/6 wks |
|----|-----|---------------|----------------|------------|

BOLLYWOOD DANCING (adults)

Instructor: Archana Menon

Learn the fun and energetic style of modern Indian dance based on the classical dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothing, bring water, and be prepared to dance like a Bollywood star!

| | | | | |
|----|-----|-------------|--------------|------------|
| 01 | Tue | Apr 3-May 8 | 7:30-8:30 pm | \$60/6 wks |
|----|-----|-------------|--------------|------------|

| | | | | |
|----|-----|---------------|--------------|------------|
| 02 | Tue | May 15-Jun 19 | 7:30-8:30 pm | \$60/6 wks |
|----|-----|---------------|--------------|------------|

BOLLYWOOD DANCING (pre-teens-teens)

Instructor: Archana Menon

Class is exclusively for pre-teens and teenagers ages 10-16. Description, shown above.

| | | | | |
|----|-----|---------------|--------------|------------|
| 03 | Wed | Apr 4-May 9 | 6:30-7:30 pm | \$60/6 wks |
| 04 | Wed | May 16-Jun 20 | 6:30-7:30 pm | \$60/6 wks |

MAHJONG: PRACTICE WITH INSTRUCTION (beginners-adults)

Instructor: Vicki Teneick

Come play with other novice Mah Jongg players. The instructor will supervise and advise each group of players. In this class you will learn strategies of offensive and defensive play. A 2018 Mah Jongg card should be purchased from the National Mah Jongg League.org (Limited to 12)

| | | | | |
|----|-----|---------------|----------------|------------|
| 01 | Sat | Apr 7-May 12 | 10:00-11:30 pm | \$60/6 wks |
| 02 | Sat | May 19-Jun 23 | 10:00-11:30 pm | \$60/6 wks |

MINDFULNESS MEDITATION (adults)

Instructor: Lisa Campbell

In this fun and informative series, you will learn meditation, mindfulness-based practices, and simple techniques that will help you to be more present and alive with more compassion for your self and the world. Learn what science is saying about meditation and your health, and the specific practice that The Alzheimer's Research & Prevention Foundation recommends to keep your brain healthy. Wear comfortable clothing, and bring a yoga mat and a cushion or pillow to sit on.

| | | | | |
|----|-----|---------------|--------------|------------|
| 01 | Wed | Apr 4-May 9 | 6:30-7:30 pm | \$60/6 wks |
| 02 | Wed | May 16-Jun 20 | 6:30-7:30 pm | \$60/6 wks |

TAP DANCING (beginners and intermediate - all ages)

Instructor: Susan Craver

Find your rhythm and learn to dance to peppy numbers LIKE TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, and bring a bottle of water and a towel. Students must purchase tap shoes in advance.

| | | | | |
|----------|-----|---------------|--------------|------------|
| 01 Inter | Tue | Apr 3-May 8 | 4:30-5:15 pm | \$60/6 wks |
| 02 Beg | Tue | Apr 3-May 8 | 5:30-6:15 pm | \$60/6 wks |
| 03 Inter | Tue | May 15-Jun 19 | 4:30-5:15 pm | \$60/6 wks |
| 04 Beg | Tue | May 15-Jun 19 | 5:30-6:15 pm | \$60/6 wks |

YOGA: MINDFUL HATHA (adults)

Instructor: Ann Masse

Join us for a gentler style that focuses on deep breathing and proper alignment while you move slower and more mindfully through your practice. This class allows you to become familiar with the asana (postures) and explore different breath techniques as you become more comfortable with where you are in your own practice. All levels welcome.

| | | | | |
|----|-----|---------------|--------------|------------|
| 01 | Thu | Apr 5-May 10 | 5:30-6:30 pm | \$60/6 wks |
| 02 | Thu | May 17-Jun 22 | 5:30-6:30 pm | \$60/6 wks |

YOGA: SLOW FLOW (all levels-adults)

Instructor: Ann Masse

A slower rhythm yoga practice with longer held poses to allow deeper focus on alignment, mindfulness, deep stretch, flexibility, balance, and whole body strength. Always ending with a satisfyingly sweet savasana.

| | | | | |
|----|-----|---------------|--------------|------------|
| 01 | Thu | Apr 5-May 10 | 6:45-7:45 pm | \$60/6 wks |
| 02 | Thu | May 17-Jun 22 | 6:45-7:45 pm | \$60/6 wks |

organic farm



HARTFORD STREET COMMUNITY GARDENS

Try your hand at gardening! Plots are open to all Natick residents, measure 10 ft x 4 ft, and must be gardened organically. \$50 rental fee and a refundable \$25 clean up fee. For an application, email lynda@natickfarm.org

NATICK COMMUNITY ORGANIC FARM

NCOF is located at 117 Eliot St. (Rt. 16) and open every day during daylight hours with no admission fee for visits and purchases. Read all about the farm at www.natickfarm.org and come down to see our baby animals, and all that's "growing on!"

MAPLE MAGIC DAY SATURDAY, MARCH 3

Pancake Breakfast 8:00 am-11:00 am at Memorial School
Regular or gluten-free pancakes with NCOF's real maple syrup
Live Dixieland jazz, raffle, nonprofit fair
\$12/\$10 adults; \$6/\$5 kids 10 and under

Interactive Sugaring Tours:

Maple Magic Past and Present 9:00 am- 2:00 pm at NCOF

Interactive exhibits bring sugaring history and science to life.
Tours run on the hour and half hour at NCOF; last tour at 1:30 pm.
\$8/person. No charge for babes in arms.
NCOF Crofter members receive 3 complimentary tours.

MAPLE SUGARING TOURS (for families, individuals, scouts and schools)

Learn how maple sap is turned into maple syrup, watch sap drip into the buckets, visit our sugar shack, and enjoy the sweet smells of this New England tradition. There's so much to see! Please note that we cannot guarantee boiling. Pre-registration required. Download the form from www.natickfarm.org and book with christine@natickfarm.org

| | | | | |
|----|---------|----------------|----------------|-----|
| 01 | Mon-Fri | Feb 24- Mar 23 | 1:00-1:45 pm | \$8 |
| 02 | Mon-Fri | Feb 24-Mar 23 | 3:30-4:15 pm | \$8 |
| 03 | Mon-Fri | Feb 24-Mar 23 | 4:15-5:00 pm | \$8 |
| 04 | Sat | Feb 24-Mar 23 | 9:30-10:15 am | \$8 |
| 05 | Sat | Feb 24-Mar 23 | 11:00-11:45 am | \$8 |

COMMUNITY TOUR & PICNIC (for all ages)

Come on down and join us for a kid-friendly guided tour of your local farm. Visit the animals, see the land and learn what a certified-organic educational farm is all about. Bring a packed lunch and hang out on the farm after the tour. RSVP to eric@setteradvertising.com

| | | | |
|-----|--------|----------------|-------|
| Sat | Apr 14 | 10:00-11:00 am | Free! |
|-----|--------|----------------|-------|

SPRING SPECTACULAR

Hayride, petting pasture, face painting, live music, great food, seedling sale—visit our website for pricing and activities

| | | |
|-----|--------|------------------|
| Sun | May 20 | 10:00 am-2:00 pm |
|-----|--------|------------------|

SCHOOL PROGRAMS (pre-K-12)

Students learn about farm food webs, chickens, healthy soil, maple sugaring, sheep shearing and so much more in our living laboratory that enhances classroom instruction. Programs align with new MA Curriculum Frameworks. Visit our website for program descriptions; email christine@natickfarm.org to book

HOST YOUR EVENT (all ages)

Birthday boys and girls of all ages can explore farm life, hike our woods, stage a scavenger hunt, reserve a tour, and enjoy birthday cake back in our Education Center. For rental form and fees, go to www.natickfarm.org

VOLUNTEER (ages 12+)

Make a difference at one of the region's most beautiful and oldest nonprofit farms. You'll do outdoor, seasonal work including planting, mulching, raking, maple syrup collection, animal care, harvesting, and more. Training provided. NCOF welcomes adults, high schoolers with community service hours or internships, college students, families with children age 12+, and Eagle or Gold Award Scout projects Sept-June, Mon- Fri, 9:00 am-4:30 pm. Email or call christine@natickfarm.org; 508-907-6019.

SCOUT CAMPING (all ages)

Pitch your tent under our apple trees, enjoy a campfire, and listen to the night sounds on our historic New England farm. Enjoy a special morning feeding and watering our animals with a farmer. Scouts will select a dozen eggs from our hens for their farmers' breakfast, complete with a 12 oz. bottle of our own maple syrup, compliments of the Farm! Fri or Sat nights. \$25/person; two Scout leaders free per every 15 Scouts.

SCOUT BADGE PROGRAMS (all ages)

Meet a chicken on a tour, help the farmers with chores, work with farm staff on your own Scout badges, and much more. See our website for more information.

PUBLIC PROGRAMS

All programs are held at NCOF. All registration takes place online at www.natickfarm.org Nonmember/Member pricing listed.

BABY STARS AT THE FARM (AGES 3-5)

Get to know bunnies, kids, lambs, chicks and piglets through watching, touching and storytelling. Each week will feature one animal. We will meet the animals and read a story. No class Apr 16.

| | | | | |
|-----|-----|----------|----------------|-----------|
| 01A | Mon | Apr 2-30 | 10:30-11:30 am | \$68/\$56 |
| 01B | Mon | Apr 2-30 | 1:30-2:30 pm | \$68/\$56 |

organic farm

CHICKEN AND EGG (ages 3-5)

Meet a chicken. We will learn what they really love to eat and feed them. If we're quiet, we can hold one. Then we'll hunt for eggs in the nesting boxes.

| | | | | |
|----|-----|--------|---------------|-----------|
| 01 | Wed | Apr 11 | 9:30-10:30 am | \$17/\$14 |
| 02 | Wed | May 2 | 9:30-10:30 am | \$17/\$14 |

CHORE TIME (ages 3-5)

Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather the eggs. No class Apr 16, 17, 19, May 28.

| | | | | |
|----|-----|-------------|---------------|-----------|
| 01 | Mon | Apr 2-30 | 9:00-10:00 am | \$68/\$56 |
| 02 | Tue | Apr 3-May 1 | 9:00-10:00 am | \$68/\$56 |
| 03 | Thu | Apr 5-May 3 | 9:00-10:00 am | \$68/\$56 |
| 04 | Mon | May 7-Jun 4 | 9:00-10:00 am | \$68/\$56 |
| 05 | Tue | May 8-29 | 9:00-10:00 am | \$68/\$56 |
| 06 | Thu | May 10-31 | 9:00-10:00 am | \$68/\$56 |

FARM ACTIVITIES AND CRAFTS (ages 3-5)

Let's discover the Farm in beautiful spring and do farm projects and activities around the season, from sowing seeds, to creating a Farm project, and gathering flowers..

| | | | | |
|-----|-----|-------------|----------------|-----------|
| 01A | Thu | Apr 5-May 3 | 10:30-11:30 am | \$68/\$56 |
| 01B | Thu | Apr 5-May 3 | 1:30-2:30 pm | \$68/\$56 |

GOT MILK (ages 3-5)

Have you ever milked a goat? Spend some time with our milking friends! Does chocolate milk really come from brown cows? Come see and taste what we can make with milk!

| | | | | |
|----|-----|--------|---------------|-----------|
| 01 | Wed | May 23 | 9:30-10:30 am | \$17/\$14 |
|----|-----|--------|---------------|-----------|

HOP WITH THE BUNNIES (ages 3-5)

Spend some time learning about these warm, fuzzy little creatures, how they live in the wild and how we care for them at home.

| | | | | |
|----|-----|--------|---------------|-----------|
| 01 | Wed | Apr 25 | 9:30-10:30 am | \$17/\$14 |
| 02 | Wed | May 9 | 9:30-10:30 am | \$17/\$14 |

LITTLE HANDS IN THE SOIL (ages 3-5)

Help us take care of our Toddlers' Garden. We will plant and mulch, rake and water, cultivate and decorate, just like big gardeners!

| | | | | |
|-----|-----|-----------|----------------|-----------|
| 01A | Thu | May 10-31 | 10:30-11:30 am | \$68/\$56 |
| 01B | Thu | May 10-31 | 1:30-2:30 pm | \$68/\$56 |



SCHOOL AGE

AFTERSCHOOL FARMERS (grades K-4)

Get involved in our everyday Farm operations, from animal chores to planting and harvesting. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the online registration if your child is from Memorial. 5:15 PM pick up options available online. No program on Natick Early Release days, and Apr 16, Apr 17, Apr 19, May 28.

| | | | | |
|-----|-----|--------------|--------------|-------------|
| 01A | Mon | Apr 2-Jun 4 | 3:15-4:45 pm | \$204/\$168 |
| 02A | Tue | Mar 20-Jun 5 | 3:15-4:45 pm | \$280/\$231 |
| 03A | Thu | Mar 22-Jun 7 | 3:15-4:45 pm | \$280/\$231 |

AFTERSCHOOL IN THE WOODS (grades K-4)

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the online registration if your child is from Memorial. No program on Natick Early Release Days, or Mar 14, Apr 4, Apr 11, Apr 18, May 23

| | | | | |
|-----|-----|-------------|--------------|-------------|
| 03A | Wed | Mar 7-Jun 6 | 3:15-4:45 pm | \$230/\$189 |
| 03B | Wed | Mar 7-Jun 6 | 3:15-5:15 pm | \$306/\$252 |

APRIL VACATION FARMERS (grades K-4)

Experience the Farm in the early spring. Care for the animals, enjoy the warmth of the greenhouse, learn winter crafts, make yummy treats, and explore the season in the woods.

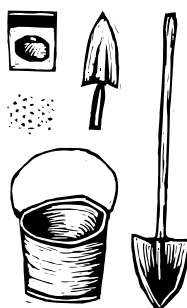
| | | | | |
|----|---------|-----------|------------------|-------------|
| 01 | Tue-Fri | Apr 17-20 | 9:00 am-12:00 pm | \$204/\$168 |
| 02 | Tue-Fri | Apr 17-20 | 1:00-4:00 pm | \$204/\$168 |

APRIL VACATION WORK EXPERIENCE (grades 5-8)

Join the Farm staff during April vacation. You'll help with work in the greenhouses, care for our animals and their new arrivals, and help with maintenance.

| | | | | |
|----|---------|-----------|------------------|-------------|
| 01 | Tue-Fri | Apr 17-20 | 8:30 am-12:00 pm | \$238/\$196 |
| 02 | Tue-Fri | Apr 17-20 | 1:00-4:30 pm | \$238/\$196 |

FARMING FOR HOMESCHOOLERS I (ages 5-10)



Join us for year-round, hands-on program and get involved in our every-day Farming operations—from maple sugaring to working in the solar greenhouses, from starting seeds in the greenhouses to transplanting seedlings into the vegetable gardens. We will start each morning with animal chores. Over the course of the year, you'll gain deep insight into all aspects of work on a farm and to where our food comes from. This is a drop-off program. No class on Apr 17.

| | | | | |
|----|---------|--------------|------------------|-------------|
| 01 | Tue-Fri | Apr 17-20 | 8:30 am-12:00 pm | \$238/\$196 |
| 02 | Tue-Fri | Mar 27-Jun 5 | 9:00 am-12:00 pm | \$480/\$390 |

organic farm

FARMING FOR HOMESCHOOLERS II (ages 11-14)

Middle-school-aged youth work together to solve problems creatively and to contribute meaningfully to the Farm's mission. Our intrepid students participate in every aspect of the farming seasons, from sugaring in the winter to planting in the spring. Join us in growing people while growing food! No class on Apr 16, May 28.

| | | | | |
|----|-----|--------------|-----------------|-------------|
| 02 | Mon | Mar 26-Jun 4 | 8:30 am-2:30 pm | \$720/\$585 |
|----|-----|--------------|-----------------|-------------|

ONLY BUNNIES (ages 5-10)

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

| | | | | |
|----|-----|--------|--------------|-----------|
| 01 | Wed | Apr 11 | 3:30-4:30 pm | \$17/\$14 |
|----|-----|--------|--------------|-----------|

PURELY PIGLETS (ages 5-10)

Get to know the smartest animal on the Farm. Learn about our piglets, feed them kitchen scraps and watch them play in the mud.

| | | | | |
|----|-----|-------|--------------|-----------|
| 01 | Wed | Apr 4 | 3:30-4:30 pm | \$17/\$14 |
|----|-----|-------|--------------|-----------|

SASSY GOATS AND LAMBS (ages 5-10)

Watch our lambs and kid goats running out on the fresh grass in the meadow. Visit these gentle little creatures and learn about their needs and the great products they give us.

| | | | | |
|----|-----|--------|--------------|-----------|
| 01 | Wed | May 23 | 3:30-4:30 pm | \$17/\$14 |
|----|-----|--------|--------------|-----------|

YOUTH WORK EXPERIENCE (grades 5-8)

Join our Farm staff after school to take care of the animals and help with maintenance. During the months of April, May and June, students will help start our vegetable seedlings, transplanting and preparing our gardens. No class on April 17, 18, 19.

| | | | | |
|----|-----|---------------|--------------|------------|
| 01 | Tue | Feb 27-Mar 27 | 3:00-4:30 pm | \$120/\$97 |
| 02 | Wed | Feb 28-Mar 28 | 3:00-4:30 pm | \$120/\$97 |
| 03 | Thu | Feb 29-Mar 29 | 3:00-4:30 pm | \$120/\$97 |
| 04 | Tue | Apr 3-May 1 | 3:00-4:30 pm | \$96/\$84 |
| 05 | Wed | Apr 4-May 2 | 3:00-4:30 pm | \$96/\$84 |
| 06 | Thu | Apr 5-May 3 | 3:00-4:30 pm | \$96/\$84 |
| 07 | Tue | May 8-29 | 3:00-4:30 pm | \$96/\$84 |
| 08 | Wed | May 9-30 | 3:00-4:30 pm | \$96/\$84 |
| 09 | Thu | May 10-31 | 3:00-4:30 pm | \$96/\$84 |

FAMILY PROGRAMS

A FARMERS' MORNING (for grownups and children all ages)

Let's do it the Farmer's way! First we will take care of the animals, feed and water them. Then we'll collect fresh eggs for breakfast and then head inside for a hearty warm breakfast.

| | | | |
|----|-----|--------|---------------|
| 01 | Sun | Apr 22 | 9:00-10:30 am |
| 02 | Sun | May 6 | 9:00-10:30 am |

\$25/20 person; free for children 4 and under that attend with paying guests.

BARNYARD BUDDIES (ages 3-7 with a caregiver)

Come down to the Farm and wake up the animals. Help the Farm feed and water the animals and gather eggs.

| | | | | |
|----|-----|--------|---------------|-----------|
| 01 | Sun | Apr 8 | 9:00-10:30 am | \$25/\$20 |
| 02 | Sun | Apr 29 | 9:00-10:30 am | \$25/\$20 |

OUTDOOR EXPLORE AND PLAY GROUP (ages 1.5-3.5 with a caregiver)

Join our dynamic play group which focuses on outdoor free-play and exploration, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the "Notes" section. No class Apr 16, May 28.

| | | | | |
|----|-----|-------------|--------------|-----------|
| 01 | Mon | Apr 2-30 | 3:00-4:00 pm | \$68/\$56 |
| 02 | Mon | May 7-Jun 4 | 3:00-4:00 pm | \$68/\$56 |

ADULTS

BOOK DISCUSSION SERIES

Come and discuss titles related to sustainable living in a mutually supportive and encouraging atmosphere. Join us for all five thought-provoking sessions, or select one or two of particular interest. Different viewpoints are welcome. Meetings take place at Christ Lutheran Church, 13 Union St., 7:30-9:00 pm. Free and open to all! To pre-register, call, text or email series convener Melissa Kenny Probst at 508-904-9246; sweetsuds@zoho.com

Jan 31 *The Violence of Climate Change: Lessons of Resistance from Nonviolent Activists*, Kevin J. O'Brien

Mar 7 *Draw Down: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, Paul Hawken

Apr 4 *The Water Will Come: Rising Seas, Sinking Cities, and the Remaking of the Civilized World*, Jeff Goodell

May 2 *Mycorrhizal Planet: How Symbiotic Fungi Work with Roots to Support Plant Health and Build Soil Fertility*, Michael Phillips

Jun 6 *Land on Fire: The New Reality of Wildfire in the West*, Gary Ferguson



volunteering transportation

VOLUNTEER OPPORTUNITIES

Volunteering for the Council on Aging is easier than ever! If you are interested in becoming a COA volunteer you just go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer. If you are a current volunteer and are interested in any of the following opportunities, please contact Karen Edwards at kedwards@natickma.org.

TRANSPORTATION VOLUNTEERS

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule, and drivers use their own car to drive people to destinations to which they are comfortable. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts.

VOLUNTEER GROCERY SHOPPERS NEEDED

We are in need of volunteers to grocery shop for home bound seniors in Natick. Grocery shopping volunteers will go to the senior's home and pick up a list and payment for the items, go to the requested supermarket to pick up the items on the list, and then return to the senior's home with the groceries. We are looking for volunteers who are willing to be on call as needed, as well as volunteers who may shop for a particular resident on a regular basis.

FRIENDLY VISITOR VOLUNTEER PROGRAM

We will be implementing a new Friendly Visitor volunteer program here at the Natick Council on Aging this spring. This would involve a volunteer being matched up with a senior resident of the Natick Community that is unable to travel to the Community-Senior Center to visit with people and take advantage of our programming opportunities. Once the match is made the volunteer would visit the senior on a regular basis 2-4 times per month to provide companionship in the senior's home as well as potentially trips outside the home depending on the situation. This volunteer opportunity would be a good fit for any adult over the age of 18, or even a parent with children

TAXI COUPONS

Natick Council on Aging has a taxi coupon program with local taxis for seniors and residents with disabilities who are unable to access other transportation resources. The intent of this program is to assist in paying the taxi fare, not to pay the total fare. Taxi coupons are assigned, are non-transferable, have no cash-back value and expire at the end of the fiscal year. For additional information, go to www.natickma.org.

PROPERTY TAX WORK-OFF PROGRAM

For Seniors and Veterans FY 2018

The Property Tax Work-Off Program is available to Natick residents who are 60 years of age or older, or Veterans of the U.S. Armed Forces of any age. You must own and occupy the residence to which the taxes will be credited and have a gross income that does not exceed the amounts listed on the chart below. If you are accepted into the program you will be placed in a job within Natick Municipal or School Departments. You will earn a credit toward your property taxes matching the minimum wage in Massachusetts (currently \$11 per hour) up to a maximum of 125 hours for work performed between June 1st and March 1st. Types of positions available include: clerical, driver, fitness room monitor, maintenance, golf course assistant, library help, food service and more.

| Income Guidelines | |
|-------------------|--------------|
| Household | Gross Income |
| 1 | \$43,491 |
| 2 | \$56,872 |
| 3 | \$70,254 |
| 4 | \$82,218 |

Applications are available at the Natick Council on Aging from May 1, 2018-September 1, 2018. Along with your application you must provide a copy of your 2017 income tax return and a copy of your current Property Tax Bill.

NATICK CONNECTOR

The Natick Connector is a convenient, secure and accessible transportation service for seniors and disabled residents. **We are now operating Monday-Friday from 9am-4pm and in addition to our 12 passenger van, we also use a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for a one-way trip is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up an account from which the fare is deducted. To register for the service and set up your accounts, please call the Call Center at **508-820-4650** and tell them you want to set up an account with the *Natick Connector*. Please call two business days before you need a ride. Contact Jack or Rich with questions or comments at connector@natickma.org or phone number: 508-647-6540 x1901.

JUST A REMINDER

Just a reminder that people with handicap placards are free to park anywhere in the CSC parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only. Please be advised that there is **NO PARKING** in the striped spaces. These spaces allow for those in a wheelchair additional room to get in and out of their vehicles. **Parking in these spots is subject to at \$250 fine.**

morse institute library

All events at the Morse Institute Library are free and open to all.
Visit us online at morseinstitute.org to see our full calendar of events and to keep up with library news.

HOOPLA

Introducing our new online resource called Hoopla. Get access to free audiobooks, movies, music, and eBooks without waiting! Download the Hoopla app on your iOS device or any android device that uses Google Play, and get instant access to over 300,000 titles.

MEET ME AT THE LIBRARY

Did you know that the library offers low-cost room bookings to community organizations looking for space? Read our Meeting Room Policy at morseinstitute.org/about/library-policies/ or call the library Executive Assistant at 508-647-6525 for more information.

THE ADVENTURE'S ON US

Morse Institute offers many free or reduced admission passes to area museums, historical sites, and cultural centers. Call the library at 508-647-6520 or visit us online to see the complete list of passes.

E-READ IT

You can check out free E-books and audiobooks for your device via the library. Want to learn more? Stop by the library's reference desk to get a one-on-one tutorial or visit morseinstitute.org/digital-collection/ebooks to get started using digital media through the library.

LEARN ENGLISH AT THE MORSE INSTITUTE LIBRARY

Literacy Unlimited in Natick provides materials and free classes for adults learning English or basic literacy skills as well as one-on-one tutoring at the Morse Institute Library. We also provide support services for volunteer tutors and trainers. For more information Laurie Christie at 508-647-6400 x1583 or literacy@morseinstitute.org

BOOKGROUPS AT THE MORSE INSTITUTE LIBRARY

Come to one of the Morse Institute Library's three bookgroups!
Wednesday Morning Bookgroup: 3rd Wednesday of each month at 11:00 am
Wednesday Evening Bookgroup: Last Wednesday of each month at 7:00 pm
Gulp fiction: 3rd Thursday of each month at 6:30 pm. See website for meeting location.
Graphic Novel Group: A partnership between the Morse Institute and the Bacon Free Library, this bookgroups meets on the 2nd Thursday of each month and alternates meetings between the libraries. Call us at 508-647-6520 for to see what our bookgroups and reading next

MORSE INSTITUTE STITCHERS

The MIL Stitchers is a service-oriented knitting and crocheting group meeting one Saturday a month to create handmade items for nonprofit organizations.
First Saturday of every month 11:00 am

EVENTS FOR ADULTS MEDIATION AT THE LIBRARY

A trained and experienced instructor will talk about the powerful connection between your breath and emotions. Doors close at 7:15pm.

Wed Mar 7, 14, 21, 28; Apr 4, 11, 18, 25;
May 2, 9, 16, 23, 30 7:00 pm

MANAGING JOB SEARCH STRESS

Employment Specialist, Gary Gekow, will discuss navigating through the process of finding a new job.

Wed Mar 21 6:30-8:30 pm

HEALTH FILM SERIES : METROWEST HEALTH FOUNDATION

| | | |
|-------------------|--------|---------|
| Calling the Shots | Mar 12 | 6:00 pm |
| Here's to Flint | Apr 23 | 6:00 pm |

EVENTS FOR TEENS

The Morse Library has cool programs for Teens ages 11-18: MakerLAB, Art Box, Minecraft Gaming, Creative Writing, & more! We also have a monthly event for Tweens in grades 5, 6, & 7 Please note: Teen events are for ages 11-18; space is limited & registration is required. For more info, contact Robin: 508.647.6400 x 1546 or email teens@morseinstitute.org.

EVENTS FOR CHILDREN

BABY PLAY A language lay time for pre-walkers and their caregivers
Thu Mar 1, Mar 15 10:30 am

PRESCHOOL FILM FEST

A 30 minute film program for preschool children.
Mon Mar 12, Mar 26, Apr 9, Apr 23, May 7, May 21 10:30-11:00 am

LITTLE LISTENERS 30 minute story time for 2 and 3 year olds

Mon Mar 5, Mar 19 10:30-11:30 am

SING ME A SONG WITH FRAN FRIEDMAN

A sing-along for ages 2 & 3
Fri Mar 2, Apr 6, May 4, Jun 1 10:30-11:30 am

OPEN LEGO For ages 4 and up with adult partner

Sat Mar 17 2:00-3:30 pm
Sat Mar 24 10:30-12:00 pm

OPEN ART Family drop-in crafting time

Sat Mar 3, Apr 21, May 5 10:30-12:00 pm

SIT-WITH-ME Story and craft for ages 3-9 with adult partner

Sat Mar 10, Apr 14, May 12 10:30-11:30 am

TODDLER TIME Walkers under the age of 2 with their caregivers

Thu Mar 8, Mar 22 10:30-11:30 am

PRESCHOOL STORYHOUR For ages 3, 4, 5 & preschool 6

Thu Mar 8, Mar 22 10:30-11:30 am

CREATOLOGY

Drop in craft and creation program for Grades 4, 5, and 6

Thu Mar 1, Mar 29, Apr 12 3:00-4:30 pm
Special Minecraft Creatology
Wed Apr 18, & May 9

TINKER LAB

Drop in craft and creation program for Grades 2, 3, and 4

Fri Mar 2, Mar 23, Apr 13, Apr 27 3:00-4:30 pm
Thu May 31 3:00-4:30 pm

Visit: www.morseinstitute.org for more information or to register

bacon free library

All events held at the Bacon Free Library unless otherwise noted

REGULAR EVENTS

STORYTIME

Tue, Wed and Fri 10:00-11:00 am Free

FRENCH CONVERSATION CLUB

First and Third Sat of the Month, 9:15-10:15 am Free

DOG TALES

Fourth Fri of the Month 10:00-11:00 am Free

READ TO A DOG

Registration is required. Please call (508) 653-6730 or register online.

Second Sat of the Month 9:30-10:30 am Free

MOMMY & ME MOVE IT!

Mon 10:00-10:30 am Free

KNIT/CROCHET GROUP

Second Tue of the Month 6:00 pm Free

BOOK CLUBS

ADULT GENERAL BOOK CLUB

Fourth Tue of the Month 7:00-8:00 pm Free

COOKBOOK CLUB

Fourth Sat of the Month 12:00-1:00 pm Free

ENVIRONMENTAL BOOK CLUB

First Tue of the Month 7:00-8:00 pm Free

HISTORY BOOK CLUB

Third Tue of the Month 1:00-2:00 pm Free

MYSTERY BOOK CLUB

First Thu of the Month 1:00-2:00 pm Free

"GULP FICTION" 20-30 SOMETHING BOOK CLUB

Meets at Agostino's Restaurant

Third Thu of the Month 6:30-8:30 pm Drinks are Dutch

SPECIAL EVENTS MARCH

MAPLE STORIES WITH KIDS AUTHOR JOSH FUNK

Josh Funk, famous author of Lady Pancake & Sir French Toast, will be sharing his stories with us for our annual pancake and maple syrup brunch! Josh's books (including The Case of the Stinky Stench [Lady Pancake & Sir French Toast #2], Dear Dragon, It's Not Jack and the Beanstalk and Pirasaurus!) will be available for purchase and he will be signing them. Registration is Requested so we know how many pancakes to have on hand. Please call the library at 508-653-6730 or fill out the form on our website to sign up.

Sat Mar 10 11:00 am-12:00 pm

MAKE AND TAKE: SPIN A YARN

What can you make with a paper plate, multicolored yarn and some googly eyes? Come to the BFL for this event and find out! All Materials supplied, all ages welcome.

Tues Mar 13 3:00-4:30 pm Free

FRIENDS OF THE BFL MEETING

Come join the Friends plan for the year of supporting the Bacon Free Library.

Tue Mar 13 7:15-8:15 pm Free

AUTHOR VISIT: KATE CLIFFORD LARSON

Join us for an evening with author Kate Clifford Larson, author of the 2016 Massachusetts Book Award book Rosemary: The Hidden Kennedy Daughter.

Tue Mar 20 7:00-8:00 pm Free

APRIL

FRIENDS OF THE BFL MEETING

Join the Friends plan for the year of supporting the Bacon Free Library.

Tue Apr 10 7:15-8:15 pm Free

MAY

AUTHOR VISIT-STEPHEN PULEO *AT THE ELIOT CHURCH

We're teaming up with Natick Historical Society and The Eliot Church to bring author Stephen Puleo to Natick! At this event, Stephen will be discussing his latest book American Treasures: The Secret Efforts to Save the Declaration of Independence, the Constitution, and the Gettysburg Address! Stephen's books will be available for purchase and signing. Registration is Requested so we know how many books and canapes to have on hand. You can sign up by calling the library (508-653-6730) or filling out the form on our website.

Sat May 5 3:00-4:30 pm Free

FRIENDS OF THE BFL MEETING

Come join the Friends plan for the year of supporting the Bacon Free Library

Tue May 8 7:15-8:15 pm Free

MAKE AND TAKE PAPERBAG CROWNS AND TIARAS

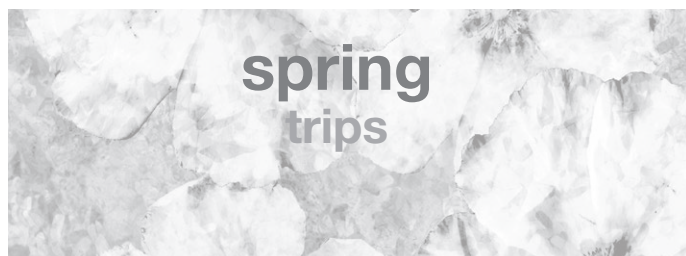
We're making crowns and tiaras – the kids can make one for themselves and/or for their moms and dads for Mother's & Father's Day. All materials supplied, all ages welcome.

Fri May 11 3:00-4:30 pm Free

GARDEN IN A BOOK

We'll be taking some old books, carving out the middle and creating a beautiful garden right in there! You do not have to have a green thumb to do this. All materials will be supplied but if you have a glue gun you'd like to bring, feel free. Materials are being provided by the Friends of the BFL. Space is limited and registration is required. Please fill out the form on our website or call the library (508) 653-6730 to register.

Tue May 15 7:00-8:30 pm Free



MUSEUM OF FINE ARTS, BOSTON

Self-guided tour of MFA galleries and special exhibits including Mark Rothko, Daily Life in Ancient Greece and modern artists Takashi Murakami, Annette Lemieux and more! Depart 9:30 am from Fisk Memorial Church, Walnut Street and returns approximately 3:30 pm. Lunch on your own at the museum. A non-refundable purchase, \$18 payable upon registration. *Sponsored by Whitney Place Assisted Living Residences, Natick.*

Fri Mar 23 9:30 am \$18

BOSTON, JFK LIBRARY

A beautiful setting & inspiring tribute to President Kennedy. Special exhibit of JFK 100 Milestones & Mementos along with permanent exhibits. Delicious luncheon at the Venezia on the waterfront, choice of baked haddock or chicken parmesan. Bus departs 8:30am from Fisk Memorial Church, Walnut Street and returns approximately 5pm. Trip is \$79.00 non-refundable due upon registration and trip insurance is available through Fox Bus Tours for an additional \$10 upon registration. The final date to register is April 11.

Tue Apr 24 8:30 am \$79

CAPE COD CANAL

We'll visit the Sandwich Glass Museum, enjoy a sumptuous lunch at the Daniel Webster Inn and experience the Cape Cod Canal firsthand with a narrated 2 hour Cruise on the Cape Cod Canal. Return home approximately 6pm.

Fri Jun 29 8:30 am \$89

BLOCK ISLAND, RHODE ISLAND

One of the prettiest isles you'll ever see. Includes roundtrip ferry from Point Judith, services of native guide in a small van 1 ¼ hour island tour, and a full course luncheon at the National Hotel. Just the best!!! Return home approximately 6pm.

Thu Jul 26 8:00 am \$119

2018 CONNECTOR BUS TRIPS

There is a \$4 non-refundable registration bus fee for all trips. Each visit is approximately 1 ½ hours. Bus departs from CSC. Pre-registration required; pay at CSC or online.

WATERWORKS MUSEUM, CHESTNUT HILL

The Waterworks Museum is located on the site of the original Chestnut Hill Reservoir and pumping station, which is still used as back-up source of water in case of emergencies.

Wed Mar 28 10:30 am \$11 for bus & tour

"I was amazed that such a gorgeous building held the machinery that pumped water to the city. The inside of the building was as beautiful as the outside. The docent was enthusiastic and so knowledgeable. I want to go again, there's so much more to learn." Laurie

OLD MANSE, CONCORD

Enjoy a docent-led tour of this Trustees of the Reservations historic home with its rich literary history, as the home of Ralph Waldo Emerson, Nathaniel Hawthorne and others and its historic significance at the site of the first shots of the Revolutionary War. Please note, this historic house is NOT handicapped accessible, please ask the COA for details.

Wed Apr 25 9:30 am \$10 for bus & tour

DRUMLIN FARM, CONCORD

Bus registration is \$4, admission is \$6 for seniors. Bus departs Natick COA at 9:15am.

Wed May 30 9:15 am \$10 for bus and senior pass entry



COMMUNITY CONNECTIONS – SENIOR CENTER WITHOUT WALLS

This program is offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect them with a social network as well as senior center activities from the comfort of their own home and create new friendships! Calls last 30, 45 or 60 minutes on topics ranging from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people) as well as topics identified by the callers. The calls are led by volunteers who share their skills, expertise and interests with the callers. Pre-printed step by step and easy to read dial-in instructions will be provided. It is as easy as dialing a telephone number and a six digit code! To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919. This program is made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.

LUNCH AT THE CSC

When visiting the center consider staying for lunch. Three options are available from 11:00 am-2:00 pm in the Great Room. The Lincoln Café, operated by The Friends of the Natick Senior Center, features soups, salads, sandwiches and daily specials. Meet & Potatoes, a program of BayPath, serves a hot, complete entrée for those who prefer their main meal in the afternoon or BYOL: Bring Your Own Lunch!

Accepting spring
applications



Spring Session 2018

Spring Session Starts
Mid March 2018

citizens natick leadership academy

For an application, visit: natickma.gov/community_services

“The academy
delivered.”

“It’s great seeing
everyone working
for the good
of the town.”

The academy is designed to enhance citizen understanding of town government operations and for municipal leaders and citizens to learn from one another through conversation.

Classes are held on Wednesday evenings from 6:30-9 pm at various locations around town. All sessions are facilitated by town staff who will provide learning experiences that are interactive, interesting, and informative.

Community Education and Resources

Community Services Department
Town of Natick
117 East Central Street
Natick, MA 01760

PRSRT STD
U.S. POSTAGE
PAID
NATICK, MA 01760
PERMIT #35

Postal Patron
Natick, MA 01760

Natick Community Garden Plots

At Hartford Street



available this spring

Try your hand at gardening!

Plots are open to all Natick residents.

Beds measure 10' x 4', and must be gardened organically.

\$50. annual rental fee and a refundable \$25. clean up fee.

For an application, email lynda@natickfarm.org or visit.

<https://www.natickma.gov/1273/Community-Gardens>



Recreation and Parks • Council On Aging • Human Services
Natick Community Organic Farm • Veterans' Services

Community Services Department • 117 East Central Street • Natick, MA 01760